



Men's Formula™ (with Lycopene) Stock #3112-7 (60 capsules)

Research has shown that benign prostatic hyperplasia (BPH) is the most common non-cancerous neoplasm (tissue growth or tumor) among American men. BPH, a chronic condition associated with increasing lower urinary tract symptoms, affects nearly 3 out of 4 men in their 70's. In addition, approximately 15% of all men suffer from symptoms of prostatitis (inflammation of the prostate) at some point during their lives, and recent epidemiologic data suggest that chronic prostatitis may be associated with an increased risk for development of both BPH and prostate cancer. Furthermore, prostate cancer ranks as the 3rd most common cancer in men worldwide and the 2nd leading cause of cancer deaths among men in the U.S.¹⁻⁴

Men's Formula is a unique blend of herbs and nutrients that have been shown to benefit prostate health and reduce symptoms of prostatitis and BPH, such as swelling, pain or difficulty urinating. Men's Formula contains a powerful blend of herbs, along with zinc and lycopene—two important nutrients that have been associated with a reduced risk of prostate cancer.⁴⁻⁹ Each capsule of Men's Formula contains:

Zinc is required by the prostate gland roughly ten times more than any other organ in the body. One of the primary roles of zinc in the prostate is to defeat the body's production of dihydrotestosterone (DHT)—the hormone responsible for promoting prostate cell growth. Research indicates that an enlarged prostate may very well be the result of zinc deficiency. Studies have confirmed that zinc supplementation reduces enlargement of the prostate and relieves symptoms of BPH, thus explaining its recommendation for both prevention and treatment of this condition. In addition, zinc limits the binding of androgens to prostatic receptor sites and thus, may assist in preventing prostate cancer and other disorders. In fact, recent research indicates that one of the most consistent biochemical characteristics of prostate cancer is the pronounced decrease in zinc levels in the cancerous cells compared to healthy prostate cells. Each capsule of Men's Formula provides 5mg of zinc gluconate.^{7,8,10,11}

Saw palmetto has shown mild to moderate improvement in clinical trials for the treatment of symptoms related to BPH, alleviating the pain and inflammation associated with this condition. A review of 21 randomized trials lasting 4 to 48 weeks and involving over 3,100 men found that saw palmetto produced similar improvement compared to the prescription drug Proscar (finasteride). However, saw palmetto was associated with fewer adverse effects than the drug. Not surprisingly, saw palmetto is regarded as an approved treatment for BPH, along with stinging nettle and pumpkin seeds, by the German Commission E. Research has shown that saw palmetto inhibits the conversion of testosterone into dihydrotestosterone (DHT) compounds that are known to cause rapid multiplication of prostate cells, eventually leading to an enlarged prostate gland. In more technical terms, saw palmetto inhibits the enzyme "testosterone-5-alpha-reductase" from transforming healthy testosterone hormones into unhealthy DHT. Saw palmetto also prevents DHT from attaching to prostate cell receptor sites and so promotes DHT's breakdown and excretion.^{5,6,12-21}

Pumpkin seeds - Research has shown that pumpkin seeds help relieve urinary difficulty associated with BPH and prostate cancer, although the exact mechanism for their action is not yet understood. Pumpkin seeds contain unsaturated fatty acids and phytosterols, which are believed to account for the seeds' diuretic effects. Although pumpkin seeds do not appear to reduce prostate enlargement itself, their diuretic action has been shown to increase urinary flow and reduce urinary retention. In addition, pumpkin seeds provide antioxidant and anti-inflammatory activity. In Germany, pumpkin seeds are commonly prescribed for early symptoms of BPH, along with saw palmetto and stinging nettle. In fact, a German study using a pumpkin seed extract with over 2,200 men with BPH (stage 1 and 2) found that urinary symptoms decreased by over 40% with greater than 96% of patients reporting no side effects.^{5,6,12,16,22-26}

Pygeum, a plant native to Africa, is medicinally valued for its bark which contains various substances shown to relieve inflammation, pain and swelling of the prostate gland. Pharmacologic use of pygeum for the treatment of lower urinary tract symptoms associated with BPH has been growing steadily over the years. For example, pygeum is now licensed in Germany, France and other European countries for the treatment of symptomatic BPH. Furthermore, a review of 18 randomized controlled trials involving over 1,500 men was conducted to investigate whether extracts of pygeum are more effective than placebo in the treatment of BPH. Results of the review found that pygeum provided a moderately large improvement in the combined outcome of urologic symptoms compared to placebo. In fact, men using pygeum were more than twice as likely to report an improvement in overall

symptoms, with adverse effects regarded as mild and comparable to placebo. Extracts of pygeum are also being used in the treatment of prostate cancer. Research has confirmed that extracts of pygeum significantly inhibit the proliferation of prostate cancer cells in vitro.^{13,16,17,27-31}

Gotu kola has been shown to act as a glandular tonic and diuretic, beneficial for a variety of urinary tract problems. Gotu kola also helps relieve smooth muscle cramps, reduces inflammation and edema, and has been shown to effectively enhance circulation to the lower extremities. In addition, gotu kola has demonstrated antibacterial activity against strains of bacteria that have been known to cause bacterial prostatitis. Furthermore, research published in the *Journal of Ethnopharmacology* documented the effectiveness of gotu kola extracts for increasing the lifespan of tumor-bearing mice by slowing the development of experimentally-induced tumors.^{12,15,28,32-38}

Lycopene, the most abundant carotenoid in tomatoes, exhibits significant antioxidant activity. Numerous studies have also demonstrated lycopene's anti-cancer and chemopreventive effects against various cancers. In particular, high blood levels of lycopene have been associated with the prevention of prostate cancer. Researchers at Harvard Medical School have confirmed a direct correlation between lycopene and a decreased risk of prostate cancer. Their studies, published in the *Journal of the National Cancer Institute*, have revealed that individuals with the highest dietary levels of lycopene are approximately 16-23% less likely to develop prostate cancer than those with the lowest levels.^{3,4,9,27,39-44}

Stinging nettle contains various substances that reduce inflammation by blocking production of pro-inflammatory prostaglandins. Stinging nettle also has a high flavonoid and potassium content, which may explain its diuretic action and ability to stimulate urine production. Numerous clinical trials using nettle root have demonstrated improvements in the urologic symptoms of men with BPH. For example, a placebo-controlled trial involving 79 men with BPH showed that a stinging nettle root extract was superior to placebo in all areas of measurement, including urinary flow, urinary volume and residual urine. In another double-blind, placebo-controlled, randomized trial involving 620 patients, 81% of those receiving stinging nettle reported improvement in symptoms compared with only 16% of those in the placebo group. In addition, a modest decrease in prostate size was seen in the stinging nettle group, with no change observed in the placebo group. Such results continue to support the established therapeutic use of stinging nettle for the treatment of BPH.^{5,6,12,25,27,28,45-47}

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