ProstaCo: Fundamental Prostate Support

ProstaCo is a unique combination of liposterolic extract of Saw Palmetto, Nettle Root and Crataeva bark in a base of pumpkin seed oil which supports a healthy prostate gland. Since the early 1980s many clinical studies have been performed in Europe with the standardized liposterolic extract of Saw Palmetto. Standardized means the extract must contain a certain amount of important constituents. Liposterolic extracts contain a high concentration of lipids and sterols. Top quality liposterolic extract of Saw Palmetto is standardized to contain a certain type and amount of fatty acids.

Nettle leaf is well known for its traditional use - it has been mentioned in medieval herbal texts, but less familiar is the use of the root. However, as early as the 1950s, Nettle Root was used therapeutically in Europe. Crataeva is a medium-sized tree found in almost all parts of India. One of the Sanskrit names of this plant is Varuna, which means "that what is earnestly desired by people".

Prostate: important male gland

The prostate gland plays a role in male reproductive function. It produces an alkaline secretion that is added to semen, which may help the healthy functioning of sperm. The prostate gland wraps around the urethra as it leaves the bladder and before it enters the penis. The urethra is the tube from the bladder, which in men, travels inside the penis, enabling the body to remove waste and excess water in the form of urine. The prostate consists of glandular tissue and supporting stroma (dense fibroelastic connective tissue containing smooth muscle fibers). Because of their physical proximity, a healthy prostate gland is necessary for normal bladder function.

How ProstaCo Keeps You Healthy

Supports prostate health

Two statistical analyses conducted in 2004 of controlled clinical trials found that liposterolic extract of Saw Palmetto supported prostate health in older men. Results from clinical studies suggest it may help by:

- supporting processes that encourage normal, healthy prostate cells
- supporting healthy functioning of the glandular tissue and stroma
- encouraging healthy levels of hormones in prostate tissue

In a number of controlled clinical trials, Nettle Root alone or in combination with liposterolic extract of Saw Palmetto has been shown to support prostate health in older men. The results from a clinical study suggests that Nettle Root may help by supporting healthy glandular and smooth muscle cells.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings per container: 120</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
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<tr>
<td>Nettle root 6.1 extract from Urtica dioica root 666 mg</td>
<td>111 mg</td>
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<tr>
<td>Saw Palmetto fruit 10:1 extract from Serenoa serrulata fruit 1.07 g containing fatty acids 96 mg</td>
<td>107 mg</td>
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<tr>
<td>Crataeva stem bark 10:1 extract from Crataeva nurvala stem bark 900 mg</td>
<td>90 mg</td>
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<tr>
<td>Pumpkin seed oil</td>
<td>80 mg</td>
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Other ingredients: Olive oil, glycerol, gelatin, purified water, lecithin, silica, maltodextrin and natural colors.

Caution: The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

Product No  Content
M1382 120 Capsules

A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

Associate Professor Kerry Bone
MediHerb Co-Founder and Director of Research and Development

**These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**
Supports quality of life in mature men

In clinical trials, the combination of liposterolic extract of Saw Palmetto and Nettle Root promoted quality of life in mature men.\textsuperscript{7,10,11}\textsuperscript{*}

Liposterolic extract of Saw Palmetto helps maintain existing sexual function in mature men.\textsuperscript{7,12}\textsuperscript{*}

Supports healthy bladder tissue and function

Crateva has been used in India for centuries to support healthy bladder function.\textsuperscript{3} It may do this by acting as a bladder tonic and encouraging normal bladder tone and emptying. (Natural clinicians use bladder tonics to improve the tone, vigor and function of the bladder.\textsuperscript{13})

What Makes ProstaCo Unique

ProstaCo is unique in the professional herbal products industry because:

\begin{itemize}
  \item The label states exactly how much each capsule contains of the important plant constituents (fatty acids specific to Saw Palmetto fruit)
\end{itemize}

Unique Manufacture & Analytical Testing

Quality and safety ensured

\begin{itemize}
  \item Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
  \item Raw materials and finished product are subjected to tough quality standards
\end{itemize}

References

\textsuperscript{3} Prabhukar YS, Suresh Kumar O. Fisetinoids 1990; \textbf{61}(2): 99-111
\textsuperscript{7} Fong WK, Wilmer S, Duvan B. Curr Opin Urol 2005; \textbf{15}(1): 45-48
\textsuperscript{9} Buck AC. J Urol 2004; \textbf{172}(5 Pt 1): 1792-1799
\textsuperscript{10} Engelmann U, Walther C, Bandarenko B et al. Arzneim Forsch 2006; \textbf{56}(3): 222-229

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