

Prostate Formula™



CLINICAL APPLICATIONS

- Support Healthy Prostate Glandular Tissue and Function

Prostate Formula™ is a comprehensive nutraceutical formulated for prostate health. Its high quality, standardized herbal extracts contain hormone-balancing plant sterols that are backed by scientific literature and decades of safe, efficacious use worldwide. Zinc, note-worthy for prostate health is provided in a highly absorbable, Albion®- amino acid chelated form. Pumpkin seed oil extract provides essential fatty acids. Lycopene has emerged as a powerful antioxidant shown to possibly may be chemoprotective.

All 360 Medicine® Formulas Meet or Exceed cGMP quality Standards

DISCUSSION

Zinc inhibits 5 α reductase, the enzyme that reduces testosterone to the more potent androgen, dihydro-testosterone.^{1,2} A genetic alteration in the expression of ZIP1 zinc transporter causes the prostate to lose its ability to accumulate zinc. Therefore, zinc has been postulated as a prostate tumor suppressor; but much research is still needed.³ The formula's amount has been kept to 5 mgs to minimize possible risk of over-supplementation.

Saw Palmetto Berry Extract (*Serenoa repens*), rich in free fatty acids and sterols inhibits 5 alpha-reductase,⁴ inhibits DHT- binding to androgen receptors,⁵ has anti-estrogenic activity,⁶ reduces prolactin-induced prostate enlargement,⁷ reduces IGF-1-induced growth of the prostate,⁸ has anti-inflammatory activity,^{9,10} and generally reduces edema.¹¹ Saw palmetto improved urinary symptoms and flow compared to finasteride with fewer adverse treatment events.¹²

Pygeum Africanum Bark Extract (*Prunus african* or *Pygeum africanum*) has been used for approximately 300 years, more than 35 years in the treatment of benign prostatic hyperplasia. Pygeum is the most commonly used "drug" for BPH in France.¹³ Its active constituents fall into three categories:1) The phytosterols block androgen precursors to interfere with the formation of inflammatory substances in prostatic connective tissue; 2) Pentacyclic triterpenes have an anti-edema or decongesting effect and 3) Ferulic esters reduce prolactin levels and block cholesterol accumulation in the prostate.¹⁴ In animal models pygeum modulates bladder hypercontractility. The bark extract increases prostatic secretions and improves seminal fluid composition.¹⁵

Nettle Root Extract containing polysaccharides, lignans, lectins, alcohols, tannins and fatty acids (Prostate Formula™ is standardized to 8% sitosterols.), is approved in Germany as a drug component for BPH. The German Commission E reported increased urinary volume, greater maximum urinary flow and decreased residual urine activities. Other studies demonstrated decreased nocturia and urinary frequency but not prostate enlargement.¹⁶

Pumpkin Seed Oil Extract contains as much as 50% fatty oil naturally rich in phytosterols, antioxidants and unsaturated fatty acids (55% linoleic acid).¹⁵ A randomized controlled, double-blinded, three-month, 53 subject study reported significant improvement in urinary flow, urination time, residual urine, frequency of urination without any adverse effects.¹⁷ A larger multi-center, 2,245 early stage BPH- patient, 12- week, German clinical trial demonstrated a decrease of 41% in the IPSS and a 46.1% improvement in a life quality index.

Lycopene may prevent the proliferation of normal and cancerous epithelial cells of the prostate, reduce damage to DNA and act as an antioxidant. Researchers reported lycopene inhibits prostatic IGF-I signaling, IL-6 expression, and androgen signaling. The reduction of local androgen signaling in the prostate suggests lycopene may be efficacious in preventing BPH.¹⁸



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Zinc (as zinc glycinate)	5 mg	33%
Saw Palmetto Berry Extract (standardized to provide 45% free fatty acids)	320 mg	**
Pygeum Africanum Bark Extract (standardized to 13% sterols)	20 mg	**
Nettle Root Extract (standardized to 8% sitosterols)	100 mg	**
Pumpkin Seed Oil Extract	320 mg	**
Lycopene	15 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), Magnesium Stearate.

DOSING:

Take one capsule twice a day or as directed by your healthcare practitioner.

REFERENCES

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CONTRAINDICATIONS

Each formula ingredient is generally well-tolerated. Do not use in pregnancy, lactation or with oral contraceptives. Be careful combining with drugs.¹⁹

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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