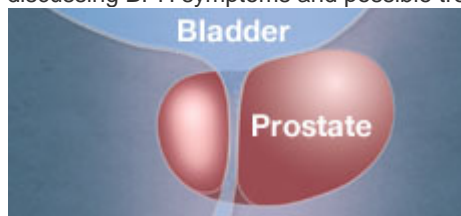


Prostate Health - Understand BPH Symptoms

Did you know that there are two sides to symptomatic benign prostatic hyperplasia (BPH) with an enlarged prostate? Of course, there are the bothersome urinary symptoms experienced. But there's also the growing prostate. It is important to understand this when discussing BPH symptoms and possible treatment options with your healthcare provider.



Urinary Symptoms of BPH:

- Going frequently
- Waking up to go
- Incomplete emptying
- Flow starts and stops
- Trouble going

Use the [BPH Symptom Checklist](#) to help you talk to your doctor.

Remember, only your healthcare provider can tell if your urinary symptoms are due to BPH and not another condition.

The Prostate

The prostate's main role is to make fluid for semen. The prostate is found just below a man's bladder. It surrounds the tube that carries urine and semen out of the body.

What happens when the prostate enlarges?

The cause of BPH is not well understood. Some men over the age of 50 may experience prostate growth. In some men this prostate growth may cause bothersome urinary symptoms. Because of the prostate's location in the body, when it enlarges it can narrow the tube carrying urine out of the body and obstruct the emptying of the bladder.

Natural Prostate Supplements

Unfortunately, prostate cancer is the most common type of cancer for men. While it can be treated and cured, it still claims thousands of lives each year. According to the Center for Disease Control and Prevention (CDC), 185,895 men were diagnosed with prostate cancer, and 28,905 men died from it in 2005, which is the last year statistical data is available.

These statistics should be a wake-up call for men. Prostate health is not just about reducing the times you need to go to the bathroom, and is not only about regaining sexual potency, rather it is a matter of life and death.

Improving One's Overall Prostate Health with Natural Prostate Supplements

As men enter into their 50s, 60s, and 70s, prostate support becomes extremely important. This is because a substantial amount of men in these age groups will develop prostate problems. The older you get, the more likely you are to have prostate related issues. For example, men in their 70s have a 90% chance of having prostate related health problems.

Unfortunately, *many men dismiss the symptoms of an enlarged prostate as a sign of aging; the reality is that these men can easily develop prostate cancer*, which is the most common type of cancer for men. While a majority of men with prostate cancer are diagnosed early, this form of cancer is still deadly claiming the lives of thousands of men each year. In addition to prostate cancer, there are also other serious prostate related conditions than can develop including **Prostatitis**. Prostatitis is swelling or infection of the **prostate gland**. It often hurts. A burning pain when you urinate, pain in your lower back, in the area between the testicles and anus, in the lower belly or upper thighs, or above the pubic area. Pain may be worse during a bowel movement.

While there are traditional prostate products available, many men have sought out alternative ways to maintain optimal prostate health. This is primarily because while traditional products can help; they also have the ability to produce substantial side effects including:

- **Dizziness**
- **Impotence**
- **Low blood pressure**
- **General body pain**

Additionally, there is also the high cost involved with traditional products, which is why so many men search for safer, natural prostate supplements.

While it is vital that you routinely discuss your prostate health with your health care provider, there are safe and natural ways to improve both your prostate and urinary health. One of the safest and most effective ways to improve your prostate health is by taking a daily prostate supplement. This is because these supplements contain ingredients which have been shown to be effective in helping improve both prostate and urinary health. Two of the most important ingredients used in these supplements are **Beta-Sitosterol** and **Selenium**, both of which have been clinically proven to help improve prostate health. Of course, a good supplement will also contain additional ingredients (Vitamins, Minerals) which can simultaneously aid in the improvement of the immune system.

The reason that so many men as well as health care providers are using natural prostate supplements is due to the safety concerns of prescription medication. Prescription prostate drugs do work, but they also come with the risk of serious side effects in addition to their high cost. On the other hand, natural supplements do not produce side effects and are also generally more affordable.

One of the most common symptoms of poor prostate health is poor urinary health which includes the need for frequent urination. This often results in the need to go to the bathroom multiple times during the night, which occurs when an enlarged prostate is pressing against the urethra. Other symptoms can include the feeling that the bladder is never fully emptied or the onset of frequent dribbling.

Taking a natural prostate supplement can help with these common prostate symptoms. While it is important to discuss any new supplements with your health care provider, we offer one of the best natural prostate supplements currently available online.

What is in our Natural Prostate Nutrition Pro?

Beta-sitosterol has long been used by Europeans for prostate problems, and now its popularity is growing among American men. Beta-sitosterol is a substance found in plants. Chemists call it a "plant sterol ester." It is found in fruits, vegetables, nuts, and seeds. It is used to make medicine. Promising results from research are published regularly. A *Lancet* study found that men with BPH who were given beta-sitosterol daily for six months showed significant improvement in urinary difficulties. Those given a placebo reported no relief. A 1999 review of four clinical trials involving 519 men with mild to moderate BPH found that beta-sitosterol provided notable relief from urinary problems. It also increased urine flow and caused few side effects. Most remarkably, residual urine in the bladder decreased to 30.4 ml from 65.8 ml in the men using beta-sitosterol . . . a reduction of almost 54%.

Selenium is a trace mineral that is essential to good health but required only in small amounts. Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals. Free radicals are natural by-products of oxygen metabolism that may contribute to the development of chronic diseases such as cancer and heart disease. Other selenoproteins help regulate thyroid function and play a role in the immune system. Selenium is also available in 'high selenium yeasts in the form of selenomethionine. This form of selenium was used in the large scale cancer prevention trial in 1983, which demonstrated that taking a daily supplement containing 200 micrograms of selenium per day could lower the risk of developing prostate, lung, and colorectal cancer. Observational studies indicate that death from cancer, including lung, colorectal, and prostate cancers, is lower among people with higher blood levels or intake of selenium. In addition, the incidence of nonmelanoma skin cancer is significantly higher in areas of the United States with low soil selenium content. Taking a daily supplement containing 200 mcg of selenium significantly reduced the occurrence and death from total cancers. The incidence of prostate cancer, colorectal cancer, and lung cancer was notably lower in the group given selenium supplements.

Saw palmetto berries as a medical treatment for humans can be traced back to the Mayans, who used a concoction of the macerated berries as a health-promoting tonic. The Seminole Indians, a tribe originally located in what is now Florida, commonly used the berries to treat a variety of illnesses related to the urinary and reproductive system. The Seminoles also used saw palmetto berries to break down and clear out mucus from the respiratory tract and as a general antiseptic. Saw palmetto is one of the most thoroughly studied and documented natural remedies for prostate problems. European studies since the 1960s have shown that men taking saw palmetto experience significant improvement in urinary-tract symptoms (28 percent), peak urine flow (24 percent) and overall urine flow (48 percent). In recent medical history, extracts of the saw palmetto berry have been used as an alternative treatment for a wide variety of ailments, the most common of which include prostate cancer. The most convincing data about saw palmetto extract's medicinal usefulness is in the treatment of enlarged prostates in men.

Pygeum africanum bark extract comes from Central and South Africa, where it has been used to treat bladder and urinary problems. The active chemical in pygeum is beta-sitosterol. Pygeum africanum bark extract has been used for thousands of years to treat symptoms of benign prostatic hypertrophy, or BPH. BPH is a condition where the prostate gland is enlarged and sufferers experience symptoms of frequent and painful urination. Research attaches many benefits to beta-sitosterol including reducing such discomforts of benign prostatic hypertrophy (BPH) and lowering cholesterol. Scientific evidence reviewed by Medline Plus reports that pygeum most notably improves symptoms in individuals diagnosed with BPH. Individuals noticed that pygeum significantly reduced urinary frequency and pain during urination. Other symptoms of BPH, like inflammation and night-time urination, also decreased in users who took pygeum supplements.

Lycopene is a carotenoid and phytonutrient found in red fruits and vegetables such as tomatoes, pink grapefruits, watermelons and papayas. It is the compound that is responsible for the red color in these foods. Numerous studies have shown that ingesting lycopene-rich foods can result in positive health benefits. Lycopene is a powerful antioxidant that can help protect against degenerative diseases. It does this by neutralizing free radicals in the body. Lycopene may help prevent DNA damage in the cells and help the cells to function better. High levels of lycopene, in the blood and fatty tissues, correlate with reduced risk of cancer, heart disease and macular degeneration. The human body cannot produce lycopene so it must be obtained from food sources or supplementation.

Copper and Zinc

Copper is a trace mineral. It is the third most abundant trace mineral in the body. Copper is a normal constituent of blood. It is present in every tissue of the body, but is primarily stored in the liver. Copper and Zinc Balance. Copper is needed with long-term use of zinc, because zinc inhibits copper absorption. The prostate has the highest levels of zinc—more than any other organ of the body. This indicates that zinc supports prostate health. Most studies have found that low levels of zinc in the prostate are associated with benign prostatic hypertrophy (BPH) as well as other prostate conditions. Zinc is also instrumental in making sex and thyroid hormones and it is also important for proper immune system function. A nutritional supplement designed for prostate health should maintain a proper balance between zinc and copper because zinc can reduce the absorption of copper in the body. Zinc and copper are so similar in their atomic structure. They actually compete with one another for absorption and utilization in the body's biochemical pathways. When your intake of zinc is higher than your relative intake of copper, the excess zinc actually interferes with the activity of enzymes, which depend on copper for their biological function. Zinc takes over copper's proper binding sites in the enzymes. When copper is not properly incorporated into these enzymes, they cannot fulfill their biochemical duties.

A high intake of zinc required for prostate health, without proportionately increasing copper intake, can lead to functional copper deficiency¹. Both animal and human evidence suggests that, for optimal utilization of both minerals, the balance between zinc and copper should be about ten-to-one. Zinc and copper are both key minerals for prostate health. Both minerals are required in proper balance to one another.

Green Tea Extracts in green tea are shown to slow the progression of prostate cancer according to a new study from researchers in the Feist-Weiller Cancer Center, LSU Health Sciences Center-Shreveport. The study is the second phase of a clinical trial using the investigational agent Polyphenon E, an extract from green tea. Polyphenols are active ingredients found in green tea, previously implicated for their positive effect on prostate cancer, but studies have been contradictory. Tea is made from the leaf of the plant *Camellia sinensis*. Tea contains polyphenol compounds, particularly catechins, which are antioxidants and whose biological activities may be relevant to prostate cancer prevention. The interest in green tea catechins and other polyphenols - antioxidants found in many plants that give some flowers, fruits and vegetables their coloring - derives from traditional Chinese medicine, and the observation of lower cancer rates among Asian populations.

Graviola, a tree from the Amazon with powerful anti-cancerous properties. It is thought to be able to destroy prostate, lung, breast, colon and pancreatic cancers. And, perhaps the greatest benefit, is that it is believed to only target cancer cells and leave the healthy ones alone.

Cats Claw is a millennial plant whose medicinal properties are used in Peruvian nativist medicine many years ago. The vine was named for the hooked thorns resembling cat claws on its twigs. Cat's Claw, or *una de gato*, is technically known as *uncaria tomentosa*. It has been used traditionally for many centuries by Peruvian medicine men for a variety of ailments. can adapt to either situation as needed. It is also anti-inflammatory, anti-microbial (viral and bacterial), anti-oxidant, and anti-fungal. Cat's Claw has even shrunk cysts and tumors and may inhibit cancer metastasis.

Broccoli extract *ScienceDaily (July 1, 2008)* — Eating one or more portions of broccoli every week can reduce the risk of prostate cancer, and the risk of localised cancer becoming more aggressive. For the first time, a research group at the Institute of Food Research led by Professor Richard Mithen has provided an explanation of how eating broccoli might reduce cancer risk based upon studies in men, as opposed to trying to extrapolate from animal models. Prostate cancer is the most common non-skin cancer for males in western countries. The research has provided an insight into why eating broccoli can help men stay healthy. It was found that there were more changes in gene expression in men who were on the broccoli-rich diet than on the pea diet, and these changes may be associated with the reduction in the risk of developing cancer.

Stinging nettle (*Urtica dioica* and the closely related *Urtica urens*) has a long medicinal history. In medieval Europe, it was used as a diuretic (to rid the body of excess water) and to treat joint pain. Stinging nettle has fine hairs on the leaves and stems that contain irritating chemicals, which are released when the plant comes in contact with the skin. The hairs, or spines, of the stinging nettle are normally very painful to the touch. When they come into contact with a painful area of the body, however, they can actually decrease the original pain. Stinging nettle root is used widely in Europe to treat BPH. Studies in people suggest that stinging nettle, in combination with other herbs (especially saw palmetto), may be effective at relieving symptoms, such as reduced urinary flow, incomplete emptying of the bladder, post urination dripping, and the constant urge to urinate. These symptoms are caused by the enlarged prostate gland pressing on the urethra (the tube that empties urine from the bladder). Scientists aren't sure why nettle root reduces symptoms. It may be because it contains chemicals that affect hormones (including testosterone and estrogen), or because it acts directly on prostate cells. It is important to work with a doctor to treat BPH, and to make sure you have a proper diagnosis to rule out prostate cancer.

Maitake, Reishi, Shiitake Mushrooms - All mushrooms have cleansing properties. They are one of the few rich organic sources of the substance known as Germanium. This important nutrient actually helps increase oxygen efficiency in the body. It also helps balance the exposure to environmental pollutants and build resistance to various diseases. Germanium can also help the body neutralize toxic residues. Mushrooms contain compounds called Polysaccharides are compounds found in mushrooms which gives them two very important properties that fight against tumors and stimulate the immune system. They are generally rich in Amino Acids, specifically lysine and tryptophan, as well as nicotinic acid, riboflavin, pantothenic acid and Vitamins B, C and K. In addition, medicinal mushrooms contain other important compounds known as terpenes and steroids. Some of the body's response to these compounds helps with promoting anti-tumor activity. It is also one of eight herbs combined in a specialized formula known as PC SPES, which has shown success in suppressing the symptoms of Prostate Cancer.

Red Raspberry Juice extract - Adding red raspberries, a small, sweet berry, to your cereal or eating them raw may have special benefits for men when it comes to prostate cancer. Red raspberries contain a compound known as ellagic acid, a phytochemical that also provides antioxidant protections. A study published in the July 2011 issue of the "Asian Pacific Journal of Tropical Medicine" looked at ellagic acid's effect on prostate cancer cells in a laboratory setting. Researchers found that this acid inhibited cell growth activity, suggesting that raspberries could serve as a potential therapy for reducing your risk of prostate cancer or slowing its development.

While it is vital that you routinely discuss your prostate health with your health care provider, there are safe and natural ways to improve both your prostate and urinary health. One of the safest and most effective ways to improve your prostate health may be to take a daily prostate supplement. Visit www.prostatenutritionpro.com to get a complete nutritional description of this product. 100% satisfaction guarantee. See website for details.

HOW TO USE

As a dietary supplement, take three (3) capsules daily. Take all at once or take one (1) three times daily.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.

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Natural PROSTATE NUTRITION Pro

FORMULATED TO HELP
SUPPORT PROSTATE HEALTH

Beta-Sitosterol, Selenium & Saw Palmetto

Dietary Supplement
90 Capsules

Supplement Facts

Serving Size 3 Capsules

Amount Per Serving	% Daily Value
Vitamin E (d-Alpha tocopheryl acetate)	30 IU 100%
Vitamin B6 (pyridoxine hydrochloride)	5 mg 250%
Zinc (picolinate)	50 mg 333%
Copper (gluconate)	750 mcg 38%
Selenium (amino acid chelate)	210 mcg 300%
Saw Palmetto (40-45% extract)	450 mg *
Beta-Sitosterol	450 mg *
Pygeum Africanum (herb powder)	150 mg *
Red Raspberry (juice extract)	75 mg *
Graviola (herb powder)	75 mg *
Green Tea (50% extract)	75 mg *
Cat's Claw (herb powder)	45 mg *
Broccoli (4:1 extract)	30 mg *
Tomato Powder	15 mg *
Stinging Nettle (herb powder)	30 mg *
Maitake Mushroom	15 mg *
Reishi Mushroom 4:1 Extract	15 mg *
Shiitake Mushroom	15 mg *
Proprietary Blend	213 mg *

Consisting of: Quercetin Dihydrate, Juniper Berry Powder, Uva Ursi Powder, Buchu Leaf Powder, Glutamic Acid, L-Alanine, L-Glycine, Calcium D-Glucarate, Pumpkin Seed Powder, Burdock Root Powder, Cayenne Pepper Powder, Goldenseal Powder, Gravel Root Powder, Marshmallow Root Powder, and Parsley Leaf Powder.

*Daily Value not established.

Other ingredients: Gelatin, cellulose, magnesium stearate, medium chain triglycerides and silicon dioxide.

ALLERGEN WARNING: CONTAINS SOY (BETA-SITOSTEROL).

Lot: 019261711584916
Manufacture Date: 5467-14772-90
Best if used by:

bozoomer Prostate Nutrition Pro Other Ingredients:

What is Cellulose? It is a fibrous carbohydrate, but it's a carb VERY different from starch. Cellulose is a straight chain polymer: unlike starch, no coiling occurs, and the molecule adopts an extended rod-like conformation that's why you'll find that plant cell walls are made of cellulose. This strength is important in cell walls, where they are meshed into a carbohydrate matrix, helping keep plant cells rigid.

So although it is technically a carbohydrate, it's so fibrous in nature that the bonds prevent it from acting like other carbohydrates.

If you're inquiring regarding its glycemic index values, I would categorize it as very low, unlike many other carbs. You can have it even if you can't have sugar, because cellulose is the slowest carb you can consume, since it's digested as strictly fiber. It's actually the healthiest "carb" possible.

What is magnesium stearate? Magnesium stearate is a white substance, solid at room temperature, used in the manufacture of pharmaceutical and supplement tablets and capsules. The primary role of magnesium stearate in supplements is to act as a lubricant to prevent tablet and capsule contents from sticking to the machinery that process them. The magnesium stearate we use is vegetable based and batch tested for purity by government standards.

What is Stearic Acid? Purified Stearic acid is the common name for octadecanoic acid, which is a saturated fatty acid. It is a waxy substance that is odorless and often takes the form of white or yellow waxy flakes. When it is heated, it becomes a clear liquid. Stearic acid is one of the most commonly occurring fatty acids and is found in a number of animal fats and vegetable oils, including beef fat and cocoa butter. It is often used in the production of margarine, shortening, spreads, and baking products..

What is Gelatin? Gelatin is a colorless or slightly yellow, nearly tasteless and odorless substance obtained by boiling the skin, tendons, and ligaments of animals. As a result, it contains protein, collagen (a primary component of joints, cartilage, and nails), and various amino acids. It has long been a key ingredient for providing support for "jelled" desserts, salads, frozen drinks. Gelatin (also gelatine) has many uses in food, medicine, and manufacturing. Substances that contain or resemble gelatin are called gelatinous. Gelatin is a common substance used in capsules for vitamins and herbs and is harmless, basically providing some protein and amino acids. These are gelatin capsules that dissolve within minutes in the stomach.

Please contact us at www.bozoomer.com for our complete family of supplements. Thank You!

