Prostate health becomes a concern for most men as they age. According to the American Urological Association more than 50% of men experience benign enlargement of the gland by the age of 60—a figure which rises to 90% by age 85. Malignancies are also common with 1 in 7 men likely to be diagnosed at some point in their lifetime. Impaired prostate function may significantly impact quality of life measures such as nighttime sleep duration and daytime comfort. The premium herbal extracts, zinc and specialty nutrients in Prostate Select™ have been clinically researched for their ability to help provide nutritive support for normal prostate and urinary function.

ZINC is a prevalent mineral in prostate tissue and is required for reproductive and immune health. The fully chelated Albion® zinc arginate in Prostate Select™ provides both highly absorbable zinc and L-arginine, an amino acid substrate for the synthesis of nitric oxide (NO). Nitric oxide is a chemical that helps to regulate vascular tone and support healthy blood flow to the prostate gland.

SAW PALMETTO (Serenoa repens) is a small species of North American palm with berries that contain bioactive fatty acids and phytosterols. In vitro research suggests that Saw Palmetto berry extract helps to activate the NF-kappaB pathway and down-regulate inflammatory-related genes in prostate cell lines and primary cultures. Numerous clinical studies including two recent multicenter trials suggest that Saw Palmetto berry extract, used alone or in combination with selenium and lycopene for 2 to 6 months, offers effective support for healthy urinary flow and erectile function in men with chronic prostate concerns and with associated inflammation.

PYGEUM EXTRACT is derived from the phytosterol-rich bark of the African Cherry tree. Pygeum extract has anti-androgenic properties and has been shown to exhibit antimitogenic and antiproliferative effects on prostate cells in both in vitro and in vivo studies. Research suggests Pygeum may function synergistically with Nettle Root extract, another ingredient in Prostate Select™.
STINGING NETTLE ROOT extract is a researched traditional urinary tonic. A 2005 placebo-controlled double blind study found that Stinging Nettle Root had a beneficial effect on lower urinary tract symptoms in 620 patients with prostate concerns.

GLYCINE, ALANINE & GLUTAMIC ACID are important amino acid components of seminal fluid and are required for healthy prostate function. Classic studies from the mid-20th century suggest a strong therapeutic role for amino acid therapy in helping to support normal prostate and urinary health.

DIINDOLMETHANE (DIM) is the in vivo, dimeric derivative of indole-3-carbinol, a sulfur-containing compound formed by the breakdown of glucosinolates from cruciferous vegetables such as broccoli. DIM is known to modulate estrogen metabolism and to act as an anti-androgen, capable of down-regulating androgen receptors and prostate specific antigen (PSA). In vitro research suggests DIM may help to inhibit abnormal prostate cell growth and to promote apoptosis, regardless of androgen dependent status.

PUMPKIN SEED EXTRACT is rich in fatty acids, phytosterols and zinc—nutrients which help nourish and support healthy prostate function. Pumpkin seeds are especially high in beta-sitosterol, a compound shown in numerous clinical studies to help positively impact urological symptoms and flow measures in men with prostate issues.

MERIV A® is a patented turmeric extract providing curcumin complexed with non-GMO soy lecithin. Meriva® is researched for superior, enhanced absorption to help optimize the known anti-inflammatory benefits of curcumin. A 2012 pilot study found patients with prostate inflammation who added Meriva® to their standard protocol experienced significant improvements in quality of life and reduction of urinary symptoms compared to patients who did not add Meriva®, with no side effects reported.

LYCOPENE is a red carotenoid pigment predominant in tomatoes that has been researched for its role in helping to support healthy prostate function. Lycopene from dietary sources (notably cooked tomato products) naturally concentrates in the prostate gland where it provides antioxidant support and promotes sperm morphology. A 6-month placebo-controlled, randomized pilot study suggested that 15 mg lycopene daily significantly helped to support healthy prostate function.

REFERENCES