



# Prostate Support

Nutritional Support for Healthy Prostate and Urinary Tract Function\*

## Prostate Support Supplementation

Benign prostatic hyperplasia (BPH) is one of the most common ailments of aging men and can cause discomfort while urinating and hinder the ability to fully empty the bladder.

Prostate Support features a studied effective dose of stinging nettle root extract and saw palmetto extract, along with key amino acids and antioxidant micronutrients supported by research to assist prostate and urinary function.\*<sup>1,2</sup>

Clinical research cited herein suggests the benefits of Prostate Support supplementation may include:

- Supports healthy prostate and urinary tract function\*
- Supports healthy cardiovascular and reproductive function\*
- Supports healthy immune response\*
- Bioavailable ingredients for maximal absorption\*

## How Prostate Support Works

The foundation ingredients in Prostate Support are high-potency extracts of saw palmetto (*Serenoa repens*) and stinging nettle (*Urtica dioica*).

Stinging nettle gets its name from the fact that the plant produces a stinging sensation when touched. Research suggests that the roots of stinging nettle contain constituents with potentially beneficial properties in humans. Findings thus far have shown that supplementation with stinging nettle root extract may promote healthy membrane receptors and cell function.\*<sup>3</sup>

Similarly, saw palmetto extract has been shown in clinical trials to reduce the rate of key enzymes and block dihydrotestosterone (DHT) from binding to specific cell receptors in the prostate.\*<sup>4</sup> This is a key mechanism for maintaining a healthy prostate, as overactivity of these enzymes can cause prostate and urinary issues.\*

Prostate Support also contains a comprehensive panel of antioxidant micronutrients and amino acids that help support healthy prostate and urinary tract function in men, such as lycopene, zinc, L-alanine, vitamin D, and vitamin B6.\*<sup>5,6,7</sup>



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

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# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin D3 (cholecalciferol)	5 mcg	25%
Vitamin B6 (from pyridoxine HCl)	10 mg	588%
Calcium (from di-calcium phosphate)	83 mg	6%
Phosphorus (from di-calcium phosphate)	63 mg	5%
Zinc (from zinc citrate)	7.5 mg	68%
Saw Palmetto Extract [standardized to 45% (144 mg) fatty acids (fruit; <i>Serenoa repens</i> )]	320 mg	**
Stinging Nettle Concentrated Extract 4:1 (root; <i>Urtica dioica</i> )	100 mg	**
L-Glycine	50 mg	**
L-Alanine	50 mg	**
L-Glutamic Acid	50 mg	**
Lycopene	2 mg	**

**Other Ingredients:** Hypromellose, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silica.

**Directions:** Take two capsules once daily or as directed by your healthcare practitioner.

**Caution:** If taking medication, including blood thinners, consult your healthcare practitioner before use. Keep out of reach of children.

## References:

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3. Chrubasik, J. E., Roufogalis, B. D., Wagner, H., & Chrubasik, S. (2007). A comprehensive review on the stinging nettle effect and efficacy profiles. Part II: *urticae radix*. *Phytomedicine*, 14(7-8), 568-579.
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5. Giovannucci, E. (2002). A review of epidemiologic studies of tomatoes, lycopene, and prostate cancer. *Experimental biology and medicine*, 227(10), 852-859.
6. Costello, L. C., & Franklin, R. B. (2006). The clinical relevance of the metabolism of prostate cancer; zinc and tumor suppression: connecting the dots. *Molecular cancer*, 5(1), 1.
7. Ahn, J., Peters, U., Albanes, D., Purdue, M. P., Abnet, C. C., Chatterjee, N., ... & Hayes, R. B. (2008). Serum vitamin D concentration and prostate cancer risk: a nested case-control study. *Journal of the National Cancer Institute*, 100(11), 796-804.

\* 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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