

# SUPPLEMENT FACTS

## Prostana

ITEM #: 0154-0060-01

DIRECTIONS: Take two softgels daily with meals.

### Supplement Facts

Serving Size 2 Softgels Servings Per Container 30

Amount Per Serving		% Daily Value
Total Calories 10		*
Calories from fat 10		*
Total Fat 1g		
Vitamin E (as d-alpha tocopherol).....	30 IU	100%
Zinc (from zinc picolinate).....	15 mg	100%
Selenium (from L-selenomethionine).....	70 mcg	100%
Pumpkin Seed Oil (cold pressed).....	1200 mg	*
Typical fatty acid composition:		
Alpha Linoleic Acid (Omega-3).....	12 mg	
Linoleic Acid (Omega-6).....	744 mg	
Oleic Acid (Omega-9).....	247 mg	
Saw Palmetto ( <i>Serenoa repens</i> ) (berry)		
Standardized to 85-95%		
fatty acids and sterols.....	300 mg	*
Nettle ( <i>Urtica dioica</i> ) (root).....	150 mg	*
Pygeum bark extract ( <i>Prunus africana</i> ).....	100 mg	*
Phytosterols (44 mg from Beta sitosterol).....	100 mg	*
Green tea extract		
Standardized to 95% polyphenols.....	100 mg	*
Soy isoflavones (non-GMO).....	50 mg	*
Lycopene (Lyc-O-Mato®).....	5 mg	*

\* Daily Value not established.

Other Ingredients: Softgel (gelatin, glycerin, turmeric, sodium copper chlorophyllin), natural beeswax (yellow), soy lecithin.

The prostate gland, situated near the bladder, tends to increase volume with age. An enlarged prostate is common for men over 40 years and often results in the need for nocturnal urination; an advanced enlarged prostate can be painful. Several nutrients have been shown to maintain a healthy prostate and Prostana contains a variety of these.

**Saw palmetto, pumpkin, pygeum and nettle** - contain a selection of natural oils which help maintain a healthy prostate size.

**Zinc and selenium** - the young prostate is the organ containing the highest concentration of zinc; supplementation with zinc and selenium has been shown to promote prostate health.

**Plant sterols** - such as  $\beta$ -sitosterol and isoflavones stimulate prostate health via beneficial interactions with receptor proteins in the prostate.

**Antioxidants** - the well established vitamin E and lycopene, along with selenium, zinc and tea catechins promote prostate health and normal size through vigorous antioxidant activities.



Lyc-O-Mato® is a registered trademark of Lycored, Natural Product Industries, Ltd.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

†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 REACH OF CHILDREN.**

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