



Comprehensive nutritional protocol for prostate, reproductive and urinary tract wellness

APPLICATIONS / BENEFITS

- Regulates high 5-alpha-reductase enzyme activity
- Modulates prostate inflammation
- Supports lower urinary tract wellness
- Promotes urinary ease and comfort

OVERVIEW

Patient One Prostate FA Plus supplies evidence-backed fatty acids, phytosterols and carotenoid antioxidants in a liquid gelatin capsule, formulated to promote prostate health, urinary tract health and reproductive wellness. Prostate FA Plus features multiple natural compounds shown to regulate the high 5-alpha-reductase enzyme activity that has been associated with prostate issues. In addition, the formula modulates prostate inflammation, inhibits growth factors, and optimizes cell-signaling pathways—helping to ease prostate-related urinary nocturia and residual dribbling while encouraging healthy, comfortable urinary flow. Prostate FA Plus is an ideal all-in-one formula for supporting prostate, urinary and sexual health—promoting peak quality of life for your male patients.

KEY INGREDIENTS

Saw Palmetto:

Saw palmetto extract promotes prostate wellness by inhibiting the activity of 5-alpha-reductase, regulating testosterone-to-dihydrotestosterone (DHT) conversion and blocking DHT from binding and accumulating in prostate tissues. In addition, saw palmetto modulates inflammation within the prostate, easing lower urinary tract symptoms like nocturia, while acting as a diuretic to encourage healthy urine flow. Saw palmetto may inhibit Insulin-like growth factor-1 (IGF-1) signaling pathways to support normal cell growth.

Our formula includes a clinically supported dose of saw palmetto in liquid form. Research supports that liquid saw palmetto supplements (when compared to powders, tinctures, and dried berries) contained significantly higher concentrations of fatty acids and phytosterols-- key bioactive components of saw palmetto.

Pumpkin Seed:

Pumpkin seed oil supplies multiple prostate-protective antioxidants along with the active compounds beta sitosterol and squalene. Like saw palmetto, pumpkin seed has been suggested to support the prostate by blocking testosterone-to-DHT conversion.

Pygeum africanum:

A leading clinical herbal therapy for prostate issues since the 1960s, *Pygeum africanum* is derived from the bark of an evergreen tree that grows in central and southern Africa. *Pygeum* supplies plant sterols and fatty acids that soothe prostate inflammation and regulate 5-alpha-reductase activity. These bioactivities have been linked to improvements in urethral obstruction and bladder function. *Pygeum* also supports prostate health by stimulating the gland's secretory activity.

Phytosterols:

Prostate FA Plus supplies plant sterols, beta-sitosterol, campesterol, stigmasterol and brassicasterol, which combine to optimize multiple measures of urinary health. Research also suggests these phyosterols naturally bind to prostate tissues, where they exert inflammation-modulating activity and influence cell signaling to help promote normal cell growth in the prostate. Phytosterols have been proposed to modulate testosterone; high intakes may also inhibit 5-alpha-reductase enzyme.

Lycopene and Silica:

Lycopene, a potent carotenoid antioxidant derived from tomatoes, is found naturally in high concentrations in the prostate. Low plasma lycopene levels have been linked with serious prostate health issues. Supplemental lycopene is believed to promote healthy cell growth and normal cell differentiation within the prostate gland. Sourced from

bamboo and stinging nettle, silica promotes supple and healthy connective tissues throughout the lower urinary tract and helps maintain bladder and urethral health.

RESEARCH

- A systematic review of 18 different randomized, controlled trials evaluated saw palmetto's effect on 2,939 men with benign prostate problems. Researchers discovered that saw palmetto was significantly effective in improving urinary symptoms related to prostate problems. Saw palmetto was shown to reduce nocturia by 25%, improve peak urine flow by 24%, enhance mean urine flow by 28% and reduce residual urine volume by 43%. Researchers concluded that saw palmetto extract appears to improve urinary tract symptoms and urinary flow measures in men with prostate issues.

- A meta-analysis tracked 519 male subjects from four randomized, placebo-controlled, double blind trials, all of which investigated beta sitosterol's influence on urinary symptom scores. At the study's conclusion, researchers reported that beta sitosterol was linked to improvements in peak urine flow and reductions in post-urinary residual volume. These results led researchers to conclude that beta sitosterol appears to improve prostate-related urinary symptoms and flow measures.

- A meta-analysis of 18 trials totaling 1,562 male subjects investigated Pygeum's influence on measures of urinary health. Researchers found that Pygeum was associated with a moderately large improvement in urinary symptoms: Nocturia was reduced by 19%, residual urine volume was reduced by 24%, and peak urine flow increased by 23%. Researchers concluded this evidence suggests Pygeum significantly improves urinary symptoms and urinary flow.

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Supplement Facts		
Serving Size: 3 Capsules		Servings Per Container: 30
Amount Per Serving		% DV*
Calories	12	
Total Fat:	1.4 g	2%
Saturated Fat	0.5 g	3%
Monounsaturated Fat	0.5 g	**
Vitamin E (as d-alpha tocopheryl acetate)	40 mg	267%
Zinc (as OptiZinc® brand zinc monomethionine)	30 mg	273%
Selenium (as L-selenomethionine)	200 mcg	364%
Saw palmetto extract (<i>Serenoa repens</i> Small) (berries) [Std. for 85-95% fatty acids]	640 mg	**
Pumpkin seed oil (<i>Cucurbita pepo</i>) [Typically providing 50% Linoleic acid, 15% Oleic acid, 10% Palmitic acid, 3.5% Stearic acid and 2% Linolenic acid]	150 mg	**
Phytosterols Complex (from vegetable oils) Total phytosterols minimum 95% (380 mg), including Beta-Sitosterol min. 40% (160 mg), Campesterols 25% (100 mg), Stigmasterol 28% (112 mg), Brassicasterol 1-7% (4-28 mg)]	400 mg	**
Lycopene	10 mg	**
<i>Pygeum africanum</i> 4:1 extract (bark)	200 mg	**
Silica	6 mg	**
[from Bamboo extract] (<i>Bambusa vulgaris/bambos</i>) (stem/shoot exudates)	5 mg	
[from Stinging nettles extract] (<i>Urtica dioica radix</i>) (root)	1 mg	

* Daily Values based on 2,000 calorie diet ** Daily Value not established

Other Ingredients: rice bran oil, gelatin (capsule), chlorophyll

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 3 capsules with a meal once daily or in divided doses as a dietary supplement, or as directed by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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Gluten Free

Non-GMO

Gelatin Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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