



## PROSTATE SUPREME™

SUPPORTS MALE SEXUAL HEALTH  
60 CAPSULES | NPN80078419 | PRS060-CN

**Prostate Supreme™** provides comprehensive support for optimum prostate health and function. This formulation supports a healthy balance of hormones involved in prostate health and provides targeted nutritional and antioxidant support. Prostate Supreme™ is appropriate for men ages 45 years and older to help maintain healthy prostate function.

Conditions affecting the prostate, such as benign prostatic hyperplasia (BPH), are common among aging men. BPH affects almost half of all men in the later decades of life. Approximately 75% of men older than 50 years of age suffer from symptoms related to this condition. BPH is characterized by hyperplastic nodules in the prostate, which causes lower urinary tract symptoms (LUTS), including nocturia, frequency, urgency, weak or intermittent urinary stream, incomplete bladder emptying, and straining to void. Lifestyle and dietary changes, along with supplementation, have been shown to influence prostate health and may avoid or delay further interventions.<sup>1</sup>

Some proposed risk factors for developing BPH include metabolic syndrome, cardiovascular disease, chronic inflammation, and age. In addition, as men age, they experience a decrease in serum testosterone levels and an increase in estrogen, prolactin, luteinizing hormone (LH), and follicle-stimulating hormone (FSH). Increased estrogen levels are associated with an inhibition of androgen metabolism through the interference of hydroxylation and an increase in the number of androgen receptors in the prostate. This process leads to tissue-remodeling within the prostate. Chronic inflammatory processes and upregulation of pro-inflammatory cytokines, such as interleukin (IL)-15, IL-17, interferon-gamma, and IL-8, influence local growth factor production and angiogenesis, increasing BPH risk.<sup>1</sup>

Prostate Supreme™ is formulated to support cellular health, prostate health and function, and healthy hormone balance. This unique formulation contains vitamins, minerals, and botanicals to provide antioxidant and nutrient support specific to prostate health.

### INGREDIENT HIGHLIGHTS

#### **Saw Palmetto (*Serenoa repens*)**

Saw palmetto influences the prostate gland by supporting a healthy response to inflammation, androgen levels, and cellular proliferation. Saw palmetto is a weak inhibitor of 5-alpha-reductase and appears to inhibit fibroblast growth factor and epidermal growth factor. It stimulates apoptosis, which may slow the proliferation of prostate cells. Saw palmetto demonstrates the ability to improve urinary flow, nocturia, residual urine volume, and overall symptom scores in individuals with BPH.<sup>1</sup> Studies suggest that saw palmetto may have synergistic qualities in the presence of other natural compounds, such as lycopene, other carotenoids, and selenium, through the augmentation of pro-apoptotic effects and suppression of growth factor expression in hyperplastic prostates.<sup>2</sup>

#### **Nettle (*Urtica dioica*)**

Nettle supports prostate health through its ability to block the binding of the epidermal growth factor to its receptor and inhibit sex hormone-binding globulin from binding with its receptor.<sup>3,4</sup> Research indicates that saw palmetto and nettle may have synergistic effects. The efficacy of a formula containing extracts of both herbs on symptoms of BPH was assessed in an animal study. After 28 days of treatment, the combination formula was

shown to significantly reduce prostate weight, reduce various hallmarks of cell proliferation, and downregulate certain pro-inflammatory genes, including IL-15, epidermal growth factor, and transforming growth factor-beta. As an herb, nettle exhibits good tolerability and safety.<sup>5</sup>

## Zinc

Zinc is believed to inhibit the binding of androgens to their receptors in the prostate, thus reducing the conversion of testosterone to dihydrotestosterone. Zinc supplementation has been shown in studies to promote a reduction in both symptoms of BPH and prostate size.<sup>1</sup> Zinc also plays a critical role in the Krebs cycle, with studies suggesting that decreases in zinc levels may lead to an accumulation of citrate in prostate cells. Restoration of zinc levels has been proposed as a promising approach to supporting prostate health.<sup>6</sup>

## Lycopene

In vitro studies have shown lycopene to be the most effective free radical scavenger of all the carotenoids. Lycopene demonstrates the ability to increase antioxidant enzymes and glutathione levels while simultaneously decreasing pyruvate levels. The potent carotenoid supports a healthy response to inflammation and cellular and cardiovascular health.<sup>7</sup> Clinical trials elucidate the ability of lycopene to ameliorate BPH-related symptoms and inhibit the progression of BPH.<sup>1</sup>

In a randomized, double-blind, placebo-controlled study, researchers assessed the efficacy of a whole tomato-based supplement containing lycopene on BPH. Participants in the treatment arm were given the lycopene-containing supplement daily for 2 months. The International Prostate Symptom Score (IPSS) questionnaire was administered before and after treatment. Subjects in the treatment arm experienced a significant reduction in IPSS compared to a placebo.<sup>8</sup> Supplementation with lycopene is known to be safe and well tolerated.<sup>1,7</sup>

## ADDITIONAL INGREDIENTS

Prostate Supreme™ contains several additional ingredients to promote healthy hormone balance and support prostate health. Diindolylmethane (DIM) is a compound commonly found in cruciferous vegetables. In preclinical studies, DIM shows evidence of inducing CYP1A1, an enzyme important in estrogen metabolism.<sup>9</sup>

Chrysin is a flavone found in propolis, honey, and some plants, including passion flowers, and it acts as an aromatase inhibitor.<sup>10</sup>

Vitamin D intake from dietary and supplemental sources is correlated with a decrease in the prevalence of BPH in laboratory studies. Additionally, supplementation with vitamin D has been shown to support normal prostate volume in the presence of BPH.<sup>1</sup>

## BENEFITS

- Supports prostate health
- Supports healthy hormone balance
- Supports healthy urinary function

## Medicinal Ingredients (per capsule):

Saw palmetto ( <i>Serenoa repens</i> -Fruit) (45% Fatty acids) .....	225 mg
Nettle ( <i>Urtica dioica</i> -Root) (0.8% beta-Sitosterol, 12:1) .....	125 mg
Chrysin (5,7-Dihydroxyflavone) .....	50 mg
DIM (3,3'-Diindolylmethane) .....	50 mg
Glycine (Aminoacetic acid) .....	50 mg
L-Alanine .....	50 mg
L-Glutamic acid .....	50 mg
Vitamin D (Cholecalciferol) .....	12.5 mcg (500 IU)
Lycopene ( <i>Solanum lycopersicum</i> -Fruit flesh) .....	10 mg
Vitamin B6 (Pyridoxine hydrochloride) .....	5 mg
Zinc (Zinc bisglycinate) .....	5 mg

**Non-Medicinal Ingredients:** Hydroxypropylmethylcellulose (capsule), dicalcium phosphate, silicon dioxide, stearic acid (vegetable source). **Recommended Dose:** Adult Males: Take 2 capsules once per day with food to minimize gastric disturbance. Take a few hours before or after taking other medications. Consult a healthcare practitioner for use beyond 12 weeks.

## REFERENCES

For a list of references cited in this document, please visit: <http://www.designsforhealth.com/techsheet-references/prostate-supreme-references.pdf>

# Prostate Supreme™

*Nutritional support for healthy prostate function*

Prostate Supreme™ contains a comprehensive formula of nutrients designed to nourish and protect prostate cells. The prostate is a small gland that surrounds the neck of the bladder and urethra, both of which are responsible for ensuring healthy urinary flow. The major known function of the prostate gland is to manufacture and secrete seminal fluid, which includes the sperm necessary for human reproduction. This fluid also helps maintain a moist lining in the urethra, which is the tube through which urine and seminal fluids flow out of the body.

As men age, hormonal and metabolic changes can affect prostate health. Additionally, some of the hormonal changes that influence the health of the prostate can have effects elsewhere in the body, so targeted supplementation that offers support to the prostate gland may benefit a man's overall health.

## Highlights

- **Zinc** – this mineral is stored in the prostate gland and is required for healthy sperm production. In addition to a highly absorbable form of chelated zinc, this product also includes **pumpkin seed extract**, a naturally rich source of zinc.
- **Lycopene** – the most potent and abundant antioxidant in the prostate gland, well recognized for supporting prostate health and protecting cells from oxidative damage
- **Saw palmetto and pygeum** – plant extracts that promote healthy hormone levels—specifically, they help inhibit the conversion of testosterone to dihydrotestosterone (DHT), a more potent androgen hormone that can negatively affect the prostate
- **Glycine, alanine, and glutamic acid** – amino acids abundant in seminal fluid
- **DIM (Diindolylmethane) and chrysin** – extracts known to decrease the conversion of testosterone into estrogen, therefore helping to maintain a healthy hormone balance

## Who can benefit from Prostate Supreme™?

- Men who want to support and maintain healthy prostate function, especially those over the age of 45

**Recommended Use:** Take two capsules per day, or as directed by your health care practitioner.



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.CA](http://WWW.DESIGNSFORHEALTH.CA)

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