

PROSTA-RESPONSE™



Supports Prostate Function and Healthy Urine Flow

Bookstores are filled with it, news magazines are reporting on it. From the revelations of politicians to disturbing statistical reports, prostate health issues that formerly received little notice are now in the headlines.

The prostate is a walnut-sized gland located under the bladder and surrounding the urinary tract in men. Many factors affect prostate wellness, including aging and individual genetic history, but today's chemicalized environment poses unprecedented challenges to the health of the prostate gland. Source Naturals is helping to meet this challenge with PROSTA-RESPONSE, a Bio-Aligned Formula™ designed to support multiple, interdependent body systems. It is the only prostate formula that addresses six body systems involved with healthy prostate function.





More than Symptoms*, Systems

PROSTA-RESPONSE is a unique formula that combines clinically tested potencies of saw palmetto extract and beta sitosterol with standardized Swedish flower pollen extract, quercetin, lycopene, soy and additional herbs and nutrients. PROSTA-RESPONSE goes beyond formulas that simply address nutritional symptoms and instead deals with underlying causes. PROSTA-RESPONSE supports healthy prostate function and urine flow by addressing the following body systems:

- 1. Hormone regulation:** Hormones have a direct role in prostate functioning and have been closely linked to prostate health. PROSTA-RESPONSE contains specific plant extracts and nutrients shown in research to inhibit the conversion of testosterone to dihydrotestosterone (DHT), and the subsequent binding to receptors within the prostate.
- 2. Prostate cell regeneration:** Swedish flower pollen extract, used extensively in Europe and Asia for more than 40 years, has demonstrated significant effects in maintaining proper prostate cell regeneration.
- 3. Soothing mechanisms:** Certain plant compounds, such as flavonoids from soy and sterols from pollen extract, inhibit the metabolism of arachidonic acid.

This in turn influences prostaglandin synthesis, which may be associated with comfort levels.

- 4. Bladder and urinary tract health:** A healthy environment within the bladder and urinary tract is vital for prostate health and normal urine flow. PROSTA-RESPONSE contains botanicals that support the bladder and urinary tract health.
- 5. Prostate health:** Studies show that dietary factors influence the overall health of the prostate. The body naturally concentrates certain compounds in higher amounts in the prostate. These include zinc, vitamin E and soy isoflavones.
- 6. Antioxidant defense:** Antioxidants play an important role in maintaining prostate function and cell membrane integrity. Oxidative stress, or the action of free radicals, is confirmed as a significant factor that can trigger a host of destructive processes.

Developing a Prostate-Friendly Lifestyle

Supplementation is only one part of an individual's Strategy for WellnessSM. That's why Source Naturals® is committed to providing public education about the many aspects of a prostate-healthy lifestyle.

Less Fat, More Fiber, Lots of Veggies

Studies suggest a direct relationship between dietary fat and prostate health, with men whose diets consist of 30%-40% or more fat at highest risk. Saturated fats, especially from animal sources, are most problematic. Some research has attributed this relationship to the effect animal fats have on excess levels of circulating sex hormones.

Prostate health is also associated with high fiber intake. This may be because dietary fiber binds testosterone, estradiol and other sex steroids and helps eliminate excess hormones,

Five to nine servings of high-fiber fruits, vegetables, beans and whole grains (35 g) are recommended daily for prostate health.

Tomato-based foods are rich in the carotenoid, lycopene, which is a potent antioxidant, helping to protect our cells and fatty tissues from free radical damage. A long-term study at Harvard School of Medicine found beneficial effects from 10 servings of tomato products weekly, while recent clinical research points to an intake of 15 mg of lycopene twice per day.

Also helpful are green and yellow-orange vegetables, which contain compounds that are converted to vitamin A; citrus fruits that contain vitamin C; nuts and seeds that contain vitamin E; zinc-containing seafood, legumes and eggs; and selenium-rich whole grains, seafood and organ meats.

Studies show a correlation between prostate health and diets that contain large amounts of soy. Soybeans contain prostate-healthy phytoestrogens, including the isoflavone, genistein. Some experts suggest eating seven servings of soy protein per week (providing 10 g of soy protein and 20 mg of isoflavones daily) for general good health, and three times that amount for more targeted protection.



Drink Healthy

Dehydration stresses the prostate gland. It is important to consume plenty of water—about eight glasses per day. Plain water is best, but you can also drink highly diluted fruit juice, herbal tea or lightly flavored sparkling water. Green tea is beneficial for prostate health, due to certain antioxidant compounds called polyphenols.

You can reduce the frequency of nighttime trips to the bathroom by eliminating fluids a few hours before you go to sleep. You may find it more comfortable to spread out your intake, taking small sips of fluids over the course of the day.



Exercise

Good circulation is important for prostate health. Regular walking is excellent in this regard. “Kegel” exercises—a series of contractions of the muscles around the prostate—are helpful for improving circulation and tonicity of the genital area.

Supplementation

Supplementation tailored to prostate wellness would focus on the vitamins and minerals described above—in addition to nourishing our body systems, many are also antioxidants, helping to counter the free radical damage that is rampant in our chemicalized environment. The program would also include specific herbs found to support prostate function, especially saw palmetto, pygeum, and pumpkin seeds.

First Bio-Aligned Formula for the Prostate Gland!

PROSTA-RESPONSE is the first prostate support formula designed to work holistically, by addressing the multiple systems that affect prostate higher amounts in the prostate. health. Try Source Naturals PROSTA-RESPONSE, available in bottles of 45 and 90 tablets.

PROSTA-RESPONSE™: A Bio-Aligned Formula™

Multi-System Support for the Prostate Gland

Hormonal Regulation	Nettle, Pygeum, Red Clover, Saw Palmetto, Soy, Swedish Flower Pollen Extract, Zinc, Vitamin D-3
Prostate Cellular Regeneration	Lycopene, Nettle, Quercetin, Red Clover, Swedish Flower Pollen Extract, Vitamin D-3
Soothing Mechanisms: Prostaglandin Synthesis	Beta Sitosterol, Pygeum, Quercetin, Red Clover, Saw Palmetto, Soy, Swedish Flower Pollen Extract
Bladder & Urinary Tract Health	Alanine, Glutamic Acid, Glycine, Goldenseal, Gravel Root, Marshmallow Root, Pumpkin Seed, Pygeum, Swedish Flower Pollen Extract, Uva Ursi
Prostate Health	Red Clover, Soy, Zinc, Vitamin E
Antioxidant Defense	Ginkgo Biloba, Grape Seed, Green Tea, Lycopene, Pygeum, Quercetin, Red Clover, Soy, Swedish Flower Pollen Extract, Selenium, Zinc, Vitamin E

References

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*The term symptom as used in this literature refers to the effects of nutrient imbalances and shortages, and is not related to the diagnosis, treatment, cure, or prevention of any disease.



SOURCE NATURALS®

Strategies for Wellnesssm

The above information has 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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