

Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## ProstaCo: Fundamental Prostate Support

ProstaCo is a unique combination of liposterolic extract of Saw Palmetto, Nettle Root and Crataeva bark in a base of pumpkin seed oil which supports a healthy prostate gland. Since the early 1980s many clinical studies have been performed in Europe with the standardized liposterolic extract of Saw Palmetto.<sup>1</sup> 'Standardized' means the extract must contain a certain amount of important constituents. Liposterolic extracts contain a high concentration of lipids and sterols. Top quality liposterolic extract of Saw Palmetto is standardized to contain a certain type and amount of fatty acids.\*

Nettle leaf is well known for its traditional use - it has been mentioned in medieval herbal texts, but less familiar is the use of the root. However, as early as the 1950s, Nettle Root was used therapeutically in Europe.<sup>12</sup> Crataeva is a medium-sized tree found in almost all parts of India. One of the Sanskrit names of this plant is Varuna, which means 'that what is earnestly desired by people.'<sup>3\*</sup>

### Prostate: important male gland

The prostate gland plays a role in male reproductive function. It produces an alkaline secretion that is added to semen, which may help the healthy functioning of sperm.<sup>4</sup> The prostate gland wraps around the urethra as it leaves the bladder and before it enters the penis. The urethra is the tube from the bladder, which in men, travels inside the penis, enabling the body to remove waste and excess water in the form of urine.<sup>5</sup> The prostate consists of glandular tissue and supporting stroma (dense fibro-elastic connective tissue containing smooth muscle fibers).<sup>6</sup> Because of their physical proximity, a healthy prostate gland is necessary for normal bladder function.\*

## How ProstaCo Keeps You Healthy

### Supports prostate health

Two statistical analyses conducted in 2004 of controlled clinical trials found that liposterolic extract of Saw Palmetto supported prostate health in older men.<sup>17</sup> Results from clinical studies suggest it may help by:

- supporting processes that encourage normal, healthy prostate cells,<sup>8,9</sup>
- supporting healthy functioning of the glandular tissue and stroma,<sup>9</sup>
- encouraging healthy levels of hormones in prostate tissue.<sup>9\*</sup>

In a number of controlled clinical trials, Nettle Root alone or in combination with liposterolic extract of Saw Palmetto has been shown to support prostate health in older men.<sup>10,11</sup> The results from a clinical study suggests that Nettle Root may help by supporting healthy glandular and smooth muscle cells.<sup>1\*</sup>

### Supplement Facts

Serving size:	1 capsule	
Servings per container:	120	
Amount per Serving		%DV
Calories	5	
Nettle root 6:1 extract from <i>Urtica dioica</i> root 666 mg	111 mg	†
Saw Palmetto fruit 10:1 extract from <i>Serenoa serrulata</i> fruit 1.07 g Containing fatty acids 96 mg	107 mg	†
Crataeva stem bark 10:1 extract from <i>Crataeva nurvala</i> stem bark 900 mg	90 mg	†
Pumpkin seed oil	80 mg	†

† Daily Value (DV) not established.

Other ingredients: Olive oil, glycerol, gelatin, purified water, lecithin, silica, maltodextrin and natural colors.

**Caution:** The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

Product No	Content
M1382	120 Capsules



**Associate Professor Kerry Bone**  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

*"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."*

## Supports quality of life in mature men

In clinical trials, the combination of liposterolic extract of Saw Palmetto and Nettle Root promoted quality of life in mature men.<sup>7,10,11\*</sup>

Liposterolic extract of Saw Palmetto helps maintain existing sexual function in mature men.<sup>7,12\*</sup>

## Supports healthy bladder tissue and function

Crataeva has been used in India for centuries to support healthy bladder function.<sup>3</sup> It may do this by acting as a bladder tonic and encouraging normal bladder tone and emptying. (Natural clinicians use bladder tonics to improve the tone, vigor and function of the bladder.<sup>13</sup>)\*

## What Makes ProstaCo Unique

ProstaCo is unique in the professional herbal products industry because:

- The label states exactly how much each capsule contains of the important plant constituents (fatty acids specific to Saw Palmetto fruit)

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards

### References

- <sup>1</sup> British Herbal Medicine Association. *British Herbal Compendium*, Vol 2. BHMA, Bournemouth, 2006.
- <sup>2</sup> Schulz V, Hansel R, Tyler VE. *Rational Phytotherapy: A Physicians' Guide to Herbal Medicine*, 3rd Edn. Springer-Verlag, Berlin, 1998.
- <sup>3</sup> Prabhakar YS, Suresh Kumar D. *Fitoterapia* 1990; **61**(2): 99-111
- <sup>4</sup> Guyton AC, Hall JE. *Textbook of Medical Physiology*, 10th Edn. W.B. Saunders, Philadelphia, 2000.
- <sup>5</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- <sup>6</sup> Wheater PR, Burkitt HG, Daniels VG. *Functional Histology: A Text and Colour Atlas*. Churchill Livingstone, Edinburgh, 1979.
- <sup>7</sup> Fong YK, Milani S, Djavan B. *Curr Opin Urol* 2005; **15**(1): 45-48
- <sup>8</sup> Vela-Navarrete R, Escibano-Burgos M, Farre AL et al. *J Urol* 2005; **173**(2): 507-510
- <sup>9</sup> Buck AC. *J Urol* 2004; **172**(5 Pt 1): 1792-1799
- <sup>10</sup> Engelmann U, Walther C, Bondarenko B et al. *Arzneim Forsch* 2006; **56**(3): 222-229
- <sup>11</sup> Bondarenko B, Walther C, Funk P et al. *Phytomed* 2003; **10**(Suppl 4): 53-55
- <sup>12</sup> Zlotta AR, Teillac P, Raynaud JP et al. *Eur Urol* 2005; **48**(2): 269-276
- <sup>13</sup> Bone K. *Clinical Guide to Blending Liquid Herbs. Herbal Formulations for the Individual Patient*. Churchill Livingstone, USA, 2003.



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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