ProstaCare  60 Capsules

Product description
ProstaCare is a dietary supplement containing three synergistic herbal components, plus natural vitamin E, for nutritional support of normal prostate function. This special formula contains 712 mg of Saw Palmetto extract (supplying 320 mg lipophilic components), 100 mg of *Pygeum africanum* (supplying 12 mg phytosterols) and 300 mg of Stinging Nettle extract (supplying 6 mg silica). The botanical extracts found in Prostacare are well tolerated and do not commonly cause significant side effects. Unlike single herbal formulas, this combination provides a trilogy of prostate specific benefits.

Scientific Literature
Saw Palmetto is the herb of choice for natural maintenance of normal prostate function, because it is supported by several clinical studies. Saw Palmetto is a natural inhibitor of 5-alpha reductase, which works by limiting the conversion of testosterone to toxic metabolites. *Pygeum africanum* has been shown to improve urinary flow in several studies. It appears to work as an anti-inflammatory by inhibiting 5-liposygenase. Finally, Stinging Nettle has traditionally been used to improve urinary flow by the presence of phytoestrogens known as lignans. When these components are combined, they have clear benefits. In a study in Germany, subjects treated with Saw Palmetto and Stinging Nettle demonstrated clear evidence of support for the promotion of healthy prostate function and healthy urination patterns. One placebo-controlled French trial of 120 patients showed that the *P. africanum*-treated group experienced statistically significant reductions in the number of urinations and more complete bladder emptying than did the placebo group. The synergistic effect of all three herbs can be greater than the application a single ingredient.

Features and Benefits
- High quality Saw Palmetto extract guaranteed to contain 320 mg of the lipophilic fraction
- Supportive quality extracts of *Pygeum africanum*, guaranteed to contain 12 mg of the important phytosterols, and Stinging Nettle.
- Additional nutritional support of Natural Vitamin E
- 60 Capsules, 30 day supply
- Manufactured and bottled according to cGMPs


