



PROSFORM

90
Capsules

Natural Prostate Supplement

Most of the men as they age, they begin to experience changes in urination which can have a serious impact on quality of life.

The prostate gland is located between the bladder and the penis and it is an important organ as it contributes important factors to seminal fluid.

Benign prostate hyperplasia is an enlargement of the prostate gland that affects most men beginning in late-middle age. Benign prostate hyperplasia causes many symptoms included Nausea and vomiting, frequent urination, an urgent need to urinate, difficulty urinating, less powerful urine stream, pain or burning during urination, pain in the genital and groin area and pain during ejaculation or sexual intercourse.

PROSFORM is a food supplement that contains natural ingredients such as Saw Palmetto extract, Phytosterol complex, Juniper berries, Nettle leaf, Pygeum Africanum extract and Lycopene that support the inflammation of the prostate, improve weak urinary stream, swelling support and helps maintain prostate health.



PRODUCT INFORMATION

Each capsule provides:

Phytosterol complex – 111 mg
Saw palmetto powder – 110 mg
Juniper berries – 110 mg
Nettle leaf powder – 105 mg
Pygeum Africanum extract – 10 mg
Lycopene extract – 5 mg

Ingredients: capsule shell: hydroxypropyl methylcellulose (HPMC), tomato extract (5% lycopene), phytosterols powder (95%) (**Soy**), Nettle leaf (*Urtica dioica*) powder, saw palmetto (*Serenoa repens*) powder, Juniper berries powder, anti-caking agent: silicon dioxide, pygeum africanum extract bark 30:1

Allergy Advice: for allergens, see ingredients in **bold**.

Directions: Take 1 capsule per day with food or water or as advised.

CAUTION:

- ✓ Do not exceed the recommended daily intake.
- ✓ Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- ✓ Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**

SYMPTOMS OF PROSTATITIS

- ✓ Nausea and vomiting
- ✓ Frequent urination
- ✓ An urgent need to urinate
- ✓ Difficulty urinating
- ✓ Less powerful urine stream
- ✓ Pain or burning during urination
- ✓ Pain in the genital and groin area
- ✓ Pain during ejaculation or sexual intercourse

FREE FROM

- ✓ Artificial colours
- ✓ Flavours
- ✓ Sugar
- ✓ Wheat
- ✓ Preservatives
- ✓ Dairy products
- ✓ Gluten
- ✓ FOS
- ✓ GM ingredients



ABOUT THE INGREDIENTS

Juniper berries (*Juniperus communis*): Juniper berries are female seed cones that come from juniper plants. They are an excellent source of antioxidants, helping to prevent and fight diseases that are caused by free radical damage. Juniper berry is effective in combating bacterial infections such as prostatitis.

Lycopene extract: A powerful antioxidant that gives fruits and vegetables their red colour. A [systematic review and meta-analysis](#) conducted in 2015 indicates that higher lycopene consumption or circulating concentration is associated with a lower risk of prostate cancer.

Nettle leaf extract (*Urtica dioica*): The stems and leaves of the nettle leaf can help to improve urinary issues and benign prostatic hyperplasia.

Phytosterol complex: Phytosterols are plant steroids that are similar in structure to cholesterol. A [six-month study](#) of 200 men with symptomatic benign prostate hyperplasia, taking 60 mg/day of phytosterol improved symptoms score, increased peak urinary flow, and decreased post-void residual urine volume compared to placebo group.

Saw palmetto (*Serenoa repens*): Studies show that saw palmetto works best for prostatitis and enlarged prostate glands. Saw palmetto can bind to receptors in the lower urinary tract, thereby improving urinary symptoms of prostatitis like overactive bladder.

Pygeum africanum extract bark: Pygeum is an evergreen tree native to African forest regions. The bark is the part of the plant used to improve symptoms of benign prostatic hypertrophy and to improve sexual function. Pygeum prostate benefits include prevention and the natural remedy of prostate-related conditions such as enlarged prostate (benign prostatic hyperplasia—BPH) and prostatitis. Pygeum bark contains chemicals that assist in shrinking the prostate to relieve urinary symptoms. Pygeum health benefits come from the many phytosterols found in the tree bark that cause the prostate not to produce prostaglandins, helping to fight changes linked to BPH.

