



**Empirical
Labs**

Nutrition Your Body Needs

HEALTHY PROSTATE

A PROFESSIONAL DIETARY SUPPLEMENT FOR SUPPORT OF PROSTATE HEALTH

Prostate dysfunction is considered a normal part of aging for men. There are two, all-too-common conditions associated with the male prostate. First is an enlarged prostate or Benign Prostatic Hypertrophy (BPH) which affects virtually all men over 50. Symptoms include urination difficulties, nighttime awakenings, and other uncomfortable urinary symptoms. The second condition is prostate cancer which is the most frequently diagnosed cancer in men. According to the Center for Disease Control, close to 200,000 men are diagnosed and 30,000 men die from this disease every year. In Western industrialized nations, there is a higher incidence of BPH and prostate cancer, indicating that the Western diet may increase their risk. The western diet is typically high in fat and protein. Epidemiological studies have also shown that men with high intakes of protein and certain fats were also at greater risk for developing BPH. Fat is also believed to increase production of the hormone testosterone, which may promote the development of prostate cancer cells. BPH is also associated with an imbalance in testosterone and estrogen.

Fortunately, there are dietary modifications that can enhance your prostate health. A low fat diet combined with proper intake of certain vitamins and minerals can help reduce your risk. There are also numerous prostate health-promoting herbs and phytonutrients that have been shown to relieve symptoms of BPH and reduce the risk of prostate cancer. Since most men will experience some sort of prostate health problems in their life time, it makes sense to do all you can to improve prostate health through the right lifestyle changes and a complete, high-quality supplement.

Healthy Prostate is a Complete Formula to Support Optimal Prostate Health

Healthy Prostate is specially formulated with vitamins, minerals, herbs and phytonutrients that have been scientifically substantiated to promote a healthy prostate. Healthy Prostate includes:

- **Milk Thistle Extract**—Research has reported Silymarin found in milk thistle extract suppresses prostate cancer cell growth and prevents new prostate cancer tumor formation.
- **Saw Palmetto Extract**— Clinically-proven to relieve the major symptoms of BPH.
- **Pygeum Bark Extract**— Approved for use in Europe for treating mild to moderate BPH by reducing inflammation and promoting urinary function.
- **Nettle Extract** - Studies report that nettle may relieve some of symptoms of BPH and may also inhibit the hormonal changes that lead to BPH.
- **Zinc and Magnesium**—Deficiencies in these minerals are correlated with prostate enlargement.
- **Lycopene** – Research has demonstrated this antioxidant may slow the growth of BPH and recent evidence supports its role in prostate cancer prevention.
- **Vitamins A, E, C and D** protect healthy prostate cells from damage and injury.

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

Supplement Facts		
Serving Size: 2 caps Serv's per Bottle: 45		
	Per Serv'g	%DV
Vitamin A (100 % as beta carotene)	4,900 iu	98
Vitamin C (as magnesium ascorbate)	59 mg	99
Vitamin D3 (as cholecalciferol)	654 iu	164
Vitamin E (as natural d-alpha-tocopheryl acetate)	27 iu	92
Vitamin B6 (as pyridoxine hcl)	11.5 mg	589
Zinc (as zinc amino acid chelate)	12 mg	85
Lycopene	2.5 mg	*
* %DV (Daily Value) not established		

IF 4 CAPSULES PER DAY GIVES DESIRED RESULT, THEN AFTER ONE MONTH YOU MIGHT EXPERIMENT BY REDUCING TO 3 CAPSULES PER DAY—MONITOR RESULTS—IT IS YOUR BODY.

Supplement Facts (Continued)		
	Per Serv'g	%DV
Healthy Prostate(Proprietary Blend) Saw Palmetto berry extract (25% Sterols), Pygeum Bark extract (2.5% Sterols), Milk Thistle seed extract (80% Silymarin), Nettle Leaf and Root extract, Celandine Herb, Knot Grass, Boswellia gum extract (65% Boswellic Acid), White Willow bark extract, Plantain leaf, L-Alanine, L-Glycine, Bromelain, Echinacea Angustifolia / Purpurea Root Extract (4% Phenols), Plant Enzymes (Protease, Amylase, Lipase, Hemicellulase, Lactase), Papain.	732 mg	*
* %DV (Daily Value) not established		

OTHER INGREDIENTS: GELATIN (CAPSULE), MAGNESIUM STEARATE.

DIRECTIONS: 4 CAPSULES DAILY (TAKE 2 CAPSULES AT BREAKFAST AND 2 CAPSULES AT SUPPER).

The information in this brochure highlights some of the scientific evidence supporting the choice of ingredients found in Healthy Prostate. This material is for educational purposes only. Ingredient levels in the formula may or may not match those used in clinical studies and therefore is not to be construed as making any claim for the product. We hope you enjoy the information presented, to increase your knowledge of these natural substances.



Located in the foothills of the Rocky Mountains, Empirical Labs is a leading manufacturer of therapeutic dietary supplements exclusively for professional healthcare practitioners. Supplying our products to healthcare professionals allows us to receive direct clinical feedback which we use to continually evaluate and improve our formulas.

Our intricate formulas are clinically designed using a multi-disciplined approach to healthcare by combining the expertise from various medical disciplines including Traditional Chinese Medicine, Ayurvedic Medicine, as well as Western medicine. By integrating these diverse and revered medical systems we have developed stimulating, yet gentle formulas which merge the benefits of traditional herbs, superfoods, extracts, vitamins, minerals, amino acids and enzymes. Our ingredient list contains no window dressing – each and every ingredient has a distinct purpose in the formula. Nor do we overuse any individual ingredient to avoid causing unnecessary sensitivity buildup to the formula. The quantity of every ingredient and the precise combination of ingredients has been chosen so that