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Prosta-Power

The Challenge

Prostate problems are quite common and tend to increase with age. Prostate-related problems include prostate enlargement, incomplete urination, frequent urination at night, dribbling, inability to copulate, and loss of libido. One of the most common prostate problems is BPH (benign prostatic hyperplasia), basically a swollen prostate. The older you get, the more likely you'll be dealing with this problem—especially if you do nothing about it. There are various theories on why prostates tend to enlarge and cause problems. Perhaps the most commonly accepted one is that as we age, the body often does not produce enough of an inhibitory enzyme to stop the conversion of testosterone into dihydrotestosterone.

The Solution

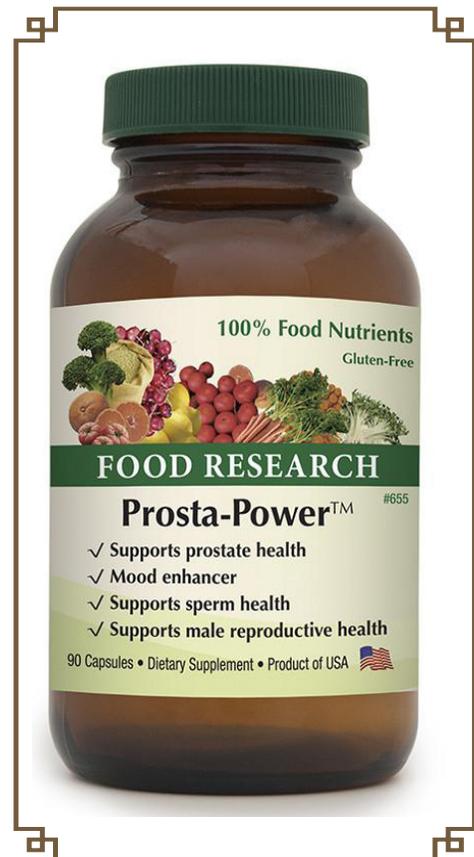
Prosta-Power is a 100% food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal prostate and male health. The prostate secretes seminal fluid that helps enhance the fertility and motility of sperm. **Prosta-Power** contains prostate tissue, along with saw palmetto, which help to boost prostate health.

Other Benefits Include

Prosta-Power was not designed to be a prostate-cancer fighter. It is intended to provide nutritional support for men interested in natural ways that may improve the health of their prostate and sexual apparatus. Some women, with diminished libido or difficult to treat osteoporosis, may also find Prosta-Power to be of benefit.

*Prosta-Power**

African Pygeum In France, *Pygeum africanum* extract (PAE) is the primary course in the treatment of enlarged prostate. In contrast, surgery is the main treatment option in other Western countries. *Pygeum* is also an anti-inflammatory, increases prostate secretions, and decreases certain hormones in the glandular area which decreases the hypertrophy. One study found that *Pygeum africanum* resulted in an increase in acid phosphatase activity and total protein secretion, which led to improvement in the quality of seminal fluid. Another study found that in men with insufficient prostatic secretion, *Pygeum africanum* increased prostatic secretion.



Prosta-Power (100 % food)

Beta-sitosterol tends to improve urinary output, while reducing mean residual urinary volume. One study suggested that 'purified' beta-sitosterol "did not help flow volume". All the beta-sitosterol in Prosta-Power is contained within food, hence not synthetically purified and does improve urine output.

Bovine prostate supplies prostate phosphatase, which has been found to improve the quality of seminal fluid. "The prostate gland secretes a thin, milky fluid.... During {sexual} emission, the capsule of the prostate gland contracts simultaneously with the contractions of the vas deferens so that the thin milky fluid of the prostate gland adds further to the bulk of the semen". Bovine prostate has long been recommended for many conditions such as nocturia (frequent urination at night), dribbling, loss of libido.

Bovine orchis supplies orchic (testicle) tissue. "The testes secrete several male sex hormones, which are collectively called androgens, including testosterone, dihydrotestosterone, and androstenedione". Bovine orchic tissue combined with bovine prostate tissue has long been used for males with sterility problems—allegedly, "It not only increases the sperm count, but normalizes the sperm cells".

Damiana, *Turnera diffusa*, is "used as an aphrodisiac and... treatment of sexual disorders". "*Turnera diffusa* and *Pfaffia paniculata* fluid extracts...singly or in combination, improved the copulatory performance of sexually sluggish/impotent rats.... These results seem to support the folk reputation of *Turnera diffusa* and *Pfaffia paniculata* as sexual stimulants".

Flaxseed consumption has shown to reduce the proliferation rate of benign, and possibly malignant, prostate tissue. Flaxseed consumption appears to also improve fertility.

Korean red ginseng contains substances shown to help protect and shrink swollen prostates. "Korean red ginseng (*Panax ginseng*) is a safe, widely available alternative remedy that improves patients' ability to achieve and maintain an erection sufficient for intercourse, even in a population with severe erectile dysfunction. It is a reasonable, nonprescription treatment, especially for men with reservations about taking sildenafil (Viagra)".

Maca has been used to aid both male and female libido, and "used for the prevention of sexual disorders". It contains beta-sitosterol, which can help the prostate, and often used "as a male aphrodisiac or treatment for impotence".

Saw palmetto extracts are effective in the treatment of benign prostatic hyperplasia, reducing frequency of urination, increasing urinary flow, and decreasing nocturia. It is generally well-tolerated and may delay the need for prostate surgery".

Selenium and vitamin E are nutrients shown to have protective effects on the prostate. All the selenium, vitamin E, and zinc in Prosta-Power are part of various foods and are not isolates or mineral salts.

Stinging Nettle Root is often used for complaints related to swollen prostates. "One study found that an aqueous extract of the root was most effective in treating benign prostatic hyperplasia". Stinging nettle, combined with saw palmetto, has been shown to help erectile dysfunction and ejaculation volume.

Turmeric contains curcumin which has been shown to have protective effects for the prostate.

* The findings above are from Food Research website.