

Ultimate Prostate Support – Supports a Healthy Prostate*

About Ultimate Prostate Support

- Ultimate Prostate Support contains botanicals and nutrients known to support and maintain prostate health.*
- By age 50, approximately 50% of men may benefit from prostate support for healthy prostate function, with this percentage increasing with age.*¹
- Saw palmetto berry has been used for prostate support for many years, sometimes in combination with other botanicals or nutrients. It helps support healthy hormone metabolism and prostate health.*^{1,2}
- Clinical studies suggest saw palmetto berry also supports prostate health and urinary function.*³⁻⁷
- Phytosterols have been shown to support prostate tissue health and function, and when used together, may also assist with saw palmetto berry's supportive role.*⁸⁻¹¹
- Ultimate Prostate Support provides additional botanicals traditionally used to support prostate health and normal urinary function.* These include nettle root, rye pollen extract, turmeric rhizome, and pygeum bark, which are often combined in formulas that promote healthy prostate tissue and overall wellness.*^{1,12-21}
- For additional support, tomato extract provides carotenoid lycopene and other phytonutrients that help maintain normal redox balance and healthy prostate tissue, associated with the maintenance of overall prostate health.*^{1,22}

How to Use Ultimate Prostate Support

- Take 1 softgel per day or as directed by a health care professional.

Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Quick Tips for Optimal Health

- ☐ Before taking Ultimate Prostate Support, consult a health care professional if you are experiencing any urinary or prostate-related symptoms.
- ☐ A number of dietary factors have been associated with healthy prostate tissue and function. A low-calorie and low-saturated fat diet rich in vegetables (especially alliums, such as onion and garlic) as well as polyunsaturated fats (especially DHA and EPA) may help support prostate health.*²³
- ☐ However, a high-calorie diet, especially one high in starches and red meat, may hinder prostate health and urinary function.*²³
- ☐ There is now evidence that healthy body weight and heart health are related to prostate health. For example, smooth blood flow and blood vessel health may help support healthy prostate function.*²⁴
- ☐ This may explain why dietary approaches that support heart health may also support prostate health.* For example, the Mediterranean diet, which emphasizes vegetables, fruits, nuts, legumes, and fish while limiting red meat, has been linked to healthier function of the lower urinary tract and prostate.*²⁵
- ☐ Similarly, a healthy weight and greater physical activity are linked to greater prostate health and function, while being overweight is associated with lesser prostate health and function.*²⁶
- ☐ Many observational studies suggest that sedentary time may have negative impact on prostate health and function. In a large Mendelian randomization analysis (a study that helps determine cause and effect), more activity and less sedentary time were associated with better prostate health and function.*²⁷
- ☐ In addition, vitamin D levels are tied to prostate health.* Lower blood levels of vitamin D (25-OH vitamin D) have been associated with decreased prostate health and function. Studies suggest that supplementation of vitamin D has been linked to greater prostate health and function.*^{26,28}

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

References

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