

Male Teens, Nutritional Foundation

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>Clinical Nutrients™ for Male Teens multivitamin 70112 – 120 tablets</p> <p>Vitamin A (88% beta carotene) Vitamin C Calcium Zinc Sarsaparilla</p>	<p>Take four tablets daily. Can be taken as one or two tablets with each meal. Four tablets provide:</p> <p>17,500 IU 300 mg 400 mg 30 mg 60 mg</p>	<p>Daily multiple formula for male teens</p> <ul style="list-style-type: none"> • Features 33 vitamins, minerals, and herbs to support nutritional needs of adolescent males*¹⁻⁴ • Vitamin A supports clear skin, fights free radicals, and healthy immune system function*⁴ • Sarsaparilla plays an important role in skin health*⁴ • Zinc contributes to the immune system and sex glands*³ 	<ol style="list-style-type: none"> 1. Reifen R. Vitamin A as an anti-inflammatory agent. <i>Proc Nutr Soc.</i> 2002 Aug;61(3):397-400. 2. Vatanparast H, et al. Calcium supplementation trials and bone mass development in children, adolescents, and young adults. <i>Nutr Rev.</i> 2006 Apr;64(4):204-9. 3. Rink L, et al. Zinc and the immune system. <i>Proc Nutr Soc.</i> 2000 Nov;59(4):541-52. 4. Dattner AM. From medical herbalism to phytotherapy in dermatology: back to the future. <i>Dermatol Ther.</i> 2003;16(2):106-13.
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<p>Essential Fatty Acid Support</p> <ul style="list-style-type: none"> • EPA is a precursor for the formation of prostaglandins that have beneficial effects on the liver, immune, and cardiovascular system*¹⁻³ • Supports cardiovascular function, skin, and joint health*³ • DHA supports the development and maintenance of neural structures such as the retina and brain* • Also associated with improved mood*⁴ 	<ol style="list-style-type: none"> 1. Haglund O, et al. Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure. <i>J Int Med.</i> 1990;227:347-353. † 2. Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr.</i> 2002 Dec;21(6):495-505. 3. Khan F, et al. The effects of dietary fatty acid supplementation on endothelial function and vascular tone in healthy subjects. <i>Cardiovasc Res.</i> 2003 Oct 1;59(4):955-62. 4. Mischoulon D, et al. Docosahexanoic acid and omega-3 fatty acids in depression. <i>Psychiatr Clin North Am.</i> 2000 Dec;23(4):785-94.
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take one Pearl capsule daily, with water or your favorite beverage. May be taken with or without food. Do not chew or crush. Each Pearl capsule provides: 1 billion CFU</p>	<p>Digestive Support*</p> <ul style="list-style-type: none"> • Supports a healthy intestinal system*¹ • Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<ol style="list-style-type: none"> 1. Ouweland AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.

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Product & Ingredient	Dosage	Features	Reference
ADDITIONAL CONSIDERATIONS FOR HEALTHY SKIN*			
Biotin Forte® 216010 – 60 tablets Biotin	Take 1 tablet daily. Each tablet contains: 5 mg	Additional Skin Support* <ul style="list-style-type: none"> Plays an important role in maintaining healthy hair, skin and muscle tissue*¹ 	1. Fritsche A, et al. Pharmacologic effects of biotin on epidermal cells . <i>Schweiz Arch Tierheilkd.</i> 1991;133(6):277-83.
Nature Derm Skin Care System® Supplement* 11059 – 90 capsules Vitamin A Zinc Sulfur Bromelain (2,400G.D.U./g)	Take two capsules daily. Two capsules contain: 10,000 IU 30 mg 200 mg 66.7 mg	Additional Skin Support* <ul style="list-style-type: none"> Promotes healthy skin and reduces occasional acne*^{1,2} 	1. Michaelsson G, et al. Effects of oral zinc and vitamin A in acne. <i>Arch Dermatol.</i> 1977 Jan;113(1):31-6. 2. Gupta AK, et al. The use of sulfur in dermatology. <i>J Drugs Dermatol.</i> 2004 Jul-Aug;3(4):427-31.

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Product & Ingredient	Dosage	Features	Reference
<p>Clinical Nutrients™ for Men multivitamin 70049 – 90 tablets</p> <p>Vitamin A Muir Puama Panax Ginseng (<i>Ptychopetalum olacoides</i>) Lycopene</p>	<p>Take three tablets daily. Can be taken as one tablet with each meal. Three tablets contain: 10,000 IU 30 mg 15 mg 2 mg</p>	<p>Basic Energy and Nutritional Support*</p> <ul style="list-style-type: none"> Provides essential nutrients for masculine functions* Saw Palmetto supports prostate health* Muir puama improves libido and sexual function*¹ Ginseng supports healthy testosterone levels*² Lycopene supports prostate health 	<ol style="list-style-type: none"> da Silva AL, et al. Anxiogenic properties of <i>Ptychopetalum olacoides</i> Benth. (Marapuama). <i>Phytother Res.</i> 2002 May;16(3):223-6. Salvati G, et al. Effects of Panax Ginseng C.A. Meyer saponins on male fertility. <i>Panminerva Med.</i> 1996 Dec;38(4):249-54.
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g)</p> <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<p>Essential Fatty Acid Support</p> <ul style="list-style-type: none"> EPA is a precursor for the formation of prostaglandins that have beneficial effects on the liver, immune, and cardiovascular system*^{1,2} 	<ol style="list-style-type: none"> Haglund O, et al. Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure. <i>J Int Med.</i> 1990;227:347-353. Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr.</i> 2002 Dec;21(6):495-505.
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take one Pearl capsule daily, with water or your favorite beverage. May be taken with or without food. Do not chew or crush. Each Pearl capsule provides: 1 billion CFU</p>	<p>Digestive Support*</p> <ul style="list-style-type: none"> Supports a healthy intestinal system*¹ Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<ol style="list-style-type: none"> Ouweland AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.

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Product & Ingredient	Dosage	Features	Reference
ADDITIONAL CONSIDERATIONS			
Pros-Forte™ 276006 – 60 tablets Zinc Saw Palmetto (<i>Serenoa repens</i>) Pumpkin (<i>Cucurbita pepo</i>) Pygeum (<i>Pygeum african</i>) Stinging Nettle (<i>Urtica dioica</i>) Lycopene	Take 1 tablet twice daily. One tablet contains: 15 mg 160 mg 100 mg 50 mg 50 mg 1 mg	Additional Prostate Support* <ul style="list-style-type: none"> Provides nutritional support for healthy prostate function*¹⁻⁸ 	<ol style="list-style-type: none"> Costello LC, et al. The clinical relevance of the metabolism of prostate cancer; zinc and tumor suppression: connecting the dots. <i>Mol Cancer</i>. 2006 May 15;5(1):17. Goldmann WH, et al. Saw palmetto berry extract inhibits cell growth and Cox-2 expression in prostatic cancer cells. <i>Cell Biol Int</i>. 2001;25(11):1117-24. Zhang X, et al. Effect of the extracts of pumpkin seeds on the urodynamics of rabbits: an experimental study. <i>J Tongji Med Univ</i>. 1994;14(4):235-8. Barlet A, et al. Efficacy of Pygeum africanum extract in the medical therapy of urination disorders due to benign prostatic hyperplasia: evaluation of objective and subjective parameters. A placebo-controlled double-blind multicenter study. <i>Wien Klin Wochenschr</i>. 1990 Nov 23;102(22):667-73. Ishani A, et al. Pygeum africanum for the treatment of patients with benign prostatic hyperplasia: a systematic review and quantitative meta-analysis. <i>Am J Med</i>. 2000 Dec 1;109(8):654-64. Safarinejad MR. Urtica dioica for Treatment of Benign Prostatic HyperplasiaA Prospective, Randomized, Double-Blind, Placebo-Controlled, Crossover Study. <i>J Herb Pharmacother</i>. 2005;5(4):1-11. Kucuk O, et al. Phase II randomized clinical trial of lycopene supplementation before radical prostatectomy. <i>Cancer Epidemiol Biomarkers Prev</i>. 2001;10:861-868.
ProstaPro® 78362 – 120 softgels Saw Palmetto (85-95% fatty acids, 0.2- 0.4% total sterols, and 0.1- .3% beta sitosterol)	Take two softgels daily. Each softgel contains: 160 mg	Prostate Support Alternative*	"Refer to saw palmetto reference above"

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<p>Clinical Nutrients™ for 50-Plus Men multivitamin 70092 - 120 tablets</p> <p>Vitamin C Vitamin E Zinc Saw Palmetto (<i>Serenoa repens</i>) Black Tea (<i>Camellia sinensis</i>) Green Tea (<i>Camellia sinensis</i>) Panax ginseng Bromelain (2,400 GDU/g) Papain Pepsin Lipase</p>	<p>Take four tablets daily. Can be taken as one or two tablets with each meal. Four tablets contain:</p> <p>300 mg 200 IU 30 mg 80 mg 50 mg 30 mg 15 mg 5 mg 15 mg 5 mg 5 mg</p>	<p>Basic Energy and Nutritional Support¹⁻⁵</p> <ul style="list-style-type: none"> Digestive enzyme production diminishes with age* Supplemental digestive enzymes supports healthy digestion and assimilation of nutrients*^{1,2} Saw Palmetto berry supports healthy prostate function* Zinc is important for the male sex glands* Pantothenic acid, a vital nutrient for the adrenal glands, contributes to the synthesis of sterols and hormones* Korean ginseng root traditionally used to support masculine functions* 	<ol style="list-style-type: none"> Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336. Zorn J. Experiences with substitution therapy using a new pancreatic enzyme of plant origin. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3. Fairfield KM, et al. Vitamins for chronic disease prevention in adults: scientific review. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26. Vinson JA, et al. Green and black teas inhibit atherosclerosis by lipid, antioxidant, and fibrinolytic mechanisms. <i>J Agric Food Chem</i>. 2004 Jun 2;52(11):3661-5. Salvati G, et al. Effects of Panax Ginseng C.A. Meyer saponins on male fertility. <i>Panminerva Med</i>. 1996 Dec;38(4):249-54.
<p>Eskimo-3® fish oil 72190 - 105 ml 72297 - 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> 3 original softgels (1.5 g) 3 times daily 1 teaspoon liquid (5 mL) 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<p>Essential Fatty Acid Support*</p> <ul style="list-style-type: none"> EPA is a precursor for the formation of prostaglandins that have beneficial effects on the liver, immune, and cardiovascular system*^{1,2} 	<ol style="list-style-type: none"> Haglund O, et al. Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure. <i>J Int Med</i>. 1990;227:347-353.† Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr</i>. 2002 Dec;21(6):495-505.

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<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take one Pearl capsule daily, with water or your favorite beverage. May be taken with or without food. Do not chew or crush. Each Pearl capsule provides: 1 billion CFU</p>	<p>Digestive Support*</p> <ul style="list-style-type: none"> • Supports a healthy intestinal system*¹ • Patented “True Delivery” system protects microflora form shelf conditions like air and light 	<p>1. Ouweland AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek</i>. 2002 Aug;82(1-4):279-89.</p>
ADDITIONAL CONSIDERATIONS			
<p>Pros-Forte™ 276006 – 60 tablets</p> <p>Zinc Saw Palmetto (<i>Serenoa repens</i>) Pumpkin (<i>Cucurbita pepo</i>) Pygeum (<i>Pygeum africanum</i>) Stinging Nettle (<i>Urtica dioica</i>) Lycopene</p>	<p>Take 1 tablet twice daily. One tablet contains:</p> <p>15 mg 160 mg 100 mg 50 mg 50 mg 1 mg</p>	<p>Additional Prostate Support*</p> <ul style="list-style-type: none"> • Provides nutritional support for healthy prostate function*¹⁻⁷ 	<p>1. Costello LC, et al. The clinical relevance of the metabolism of prostate cancer; zinc and tumor suppression: connecting the dots. <i>Mol Cancer</i>. 2006 May 15;5(1):17.</p> <p>2. Goldmann WH, et al. Saw palmetto berry extract inhibits cell growth and Cox-2 expression in prostatic cancer cells. <i>Cell Biol Int</i>. 2001;25(11):1117-24.</p> <p>3. Zhang X, et al. Effect of the extracts of pumpkin seeds on the urodynamics of rabbits: an experimental study. <i>J Tongji Med Univ</i>. 1994;14(4):235-8.</p> <p>4. Barlet A, et al. Efficacy of Pygeum africanum extract in the medical therapy of urination disorders due to benign prostatic hyperplasia: evaluation of objective and subjective parameters. A placebo-controlled double-blind multicenter study. <i>Wien Klin Wochenschr</i>. 1990 Nov 23;102(22):667-73.</p> <p>5. Ishani A, et al. Pygeum africanum for the treatment of patients with benign prostatic hyperplasia: a systematic review and quantitative meta-analysis. <i>Am J Med</i>. 2000 Dec 1;109(8):654-64.</p> <p>6. Safarinejad MR. <i>Urtica dioica</i> for Treatment of Benign Prostatic HyperplasiaA Prospective, Randomized, Double-Blind, Placebo-Controlled, Crossover Study. <i>J Herb Pharmacother</i>. 2005;5(4):1-11.</p> <p>7. Kucuk O, et al. Phase II randomized clinical trial of lycopene supplementation before radical prostatectomy. <i>Cancer Epidemiol Biomarkers Prev</i>.2001;10:861-868.</p>

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Adult Men Over 50, Nutritional Foundation

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ProstaPro®* 78362 – 120 softgels Saw Palmetto (85-95% fatty acids, 0.2- 0.4% total sterols, and 0.1- .3% beta sitosterol)	Take two softgels daily. Each softgel contains: 160 mg	Prostate Support Alternative*	"Refer to saw palmetto reference above"
OsteoPrime® Ultra bone formula* 77712 – 120 tablets Vitamin D Vitamin K Calcium Phosphorus Magnesium Natto (fermented soybeans containing 45 mcg of Vitamin K2 as Menaquinone – 7) Trace Minerals: Copper Boron Strontium	Take Four tablets daily, during or after meals. Four tablets contain: 300 IU 300 mcg 600 mg 96 mg 250 mg 45 mg 2 mg 2 mg 1 mg	Bone Support* <ul style="list-style-type: none"> Phosphorus (when bound to calcium) supports healthy bone formation and soft tissue health^{*1,2} Research has demonstrated supplementation with vitamin D3 and calcium is associated with improved bone health^{*2} Magnesium provides nutritional support for the bones, especially those in the low back and knee joint^{*3} Clinical studies have shown that individuals taking Natto K2 (menaquinone) had much higher blood levels of vitamin K compared to those receiving vitamin K^{*4} Trace minerals, such as manganese, zinc, strontium, vitamin B6, vitamin C, silicon, copper and boron, aid in bone and connective tissue development^{*5} 	<ol style="list-style-type: none"> Shapiro R, et al. Co-dependence of calcium and phosphorus for growth and bone development under conditions of varying deficiency. <i>Bone</i>. 2003 May;32(5):532-40. Heaney RP, et al. Calcium and vitamin D. <i>Endocrinol Metab Clin North Am</i>. 2003 Mar;32(1):181-04. Sojka JE, et al. Magnesium supplementation and osteoporosis. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4. Kaneki M. Serum concentration of vitamin K in elderly women with involutional osteoporosis. <i>Nippon Ronen Igakkai Zasshi</i>. 1995 Mar;32(3):195-200. Schaafsma A, et al. Delay of natural bone loss by higher intakes of specific minerals and vitamins. <i>Crit Rev Food Sci Nutr</i>. 2001 May;41(4):225-49.

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<p>Pros-Forte™ 276006 – 60 tablets</p> <p>Zinc Saw Palmetto (<i>Serenoa repens</i>) Pumpkin (<i>Cucurbita pepo</i>) Pygeum (<i>Pygeum african</i>) Stinging Nettle (<i>Urtica dioica</i>) Lycopene</p>	<p>Take 1 tablet twice daily. One tablet contains:</p> <p>15 mg 160 mg 100 mg 50 mg 50 mg 1 mg</p>	<p>Healthy Prostate Cell Support*</p> <ul style="list-style-type: none"> Provides nutritional support for healthy prostate cell growth and function*¹⁻⁷ 	<ol style="list-style-type: none"> Costello LC, et al. The clinical relevance of the metabolism of prostate cancer; zinc and tumor suppression: connecting the dots. <i>Mol Cancer</i>. 2006 May 15;5(1):17. Goldmann WH, et al. Saw palmetto berry extract inhibits cell growth and Cox-2 expression in prostatic cancer cells. <i>Cell Biol Int</i>. 2001;25(11):1117-24. Zhang X, et al. Effect of the extracts of pumpkin seeds on the urodynamics of rabbits: an experimental study. <i>J Tongji Med Univ</i>. 1994;14(4):235-8. Barlet A, et al. Efficacy of Pygeum africanum extract in the medical therapy of urination disorders due to benign prostatic hyperplasia: evaluation of objective and subjective parameters. A placebo-controlled double-blind multicenter study. <i>Wien Klin Wochenschr</i>. 1990 Nov 23;102(22):667-73. Ishani A, et al. Pygeum africanum for the treatment of patients with benign prostatic hyperplasia: a systematic review and quantitative meta-analysis. <i>Am J Med</i>. 2000 Dec 1;109(8):654-64. Safarinejad MR. Urtica dioica for Treatment of Benign Prostatic HyperplasiaA Prospective, Randomized, Double-Blind, Placebo-Controlled, Crossover Study. <i>J Herb Pharmacother</i>. 2005;5(4):1-11. Kucuk O, et al. Phase II randomized clinical trial of lycopene supplementation before radical prostatectomy. <i>Cancer Epidemiol Biomarkers Prev</i>. 2001;10:861-868.

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Healthy Cells™ Prostate* 15896 – 60 tablets Calcium D-Glucarate Green Tea (<i>Camellia sinensis</i>) Maitake (<i>Grifola frondosa</i>) Mushroom Lycopene	One tablet twice daily with meals. Each tablet contains: 200 mg 50 mg 55 mg 2.5 mg	Healthy Prostate Cell Support* <ul style="list-style-type: none"> Supports the development of healthy prostate cells^{*1-5} Helps maintain healthy testosterone levels^{*1-5} 	<ol style="list-style-type: none"> Walaszek Z, et al. Metabolism, uptake, and excretion of a Dglucaric acid salt and its potential use in cancer prevention. <i>Cancer Detect Prev.</i> 1997;21:178-190.† Walaszek Z. Potential use of D-glucaric acid derivatives in cancer prevention. <i>Cancer Lett</i> 1990;54:1–8.† Gupta S, et al. Inhibition of prostate carcinogenesis in TRAMP mice by oral infusion of green tea polyphenols. <i>Proc Natl Acad Sci U S A.</i> 2001;98:10350-10355. Chung LY, et al. Induction of apoptosis by green tea catechins in human prostate cancer DU145 cells. <i>Life Sci.</i> 2001;68:1207-1214. Matsui K, et al. Effects of maitake (<i>Grifola frondosa</i>) D-Fraction on the carcinoma angiogenesis. <i>Cancer Lett.</i> 2001;172:193-198.

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Product & Ingredient	Dosage	Features	Reference
ITI® Man 276001 – 60 capsules Maca (<i>Lepidium meyenii</i>) (0.6% macaenes & macamides) Yohimbine (<i>Pausinystalia yohimbe</i>) (4% yohimbines) Rhodiola (<i>Rhodiola rosea</i>) (3% rosavins, 1% salidroside) Horny Goat Weed (<i>Epimedium sagittatum</i>) (10% flavonoids as icariin) Panax Ginseng (7% ginsenosides) Tongkat Ali	Take 2 capsules daily with meals. Two capsules contain: 400 mg 200 mg 150 mg 100 mg 100 mg 50 mg	<ul style="list-style-type: none"> • Maca supports energy levels and encourages production of sex hormones¹ • Yohimbe supports microvascular health in men* Also associated male sexual function² • Rhodiola supports male sexual health* An open study noted substantially improved support of sexual function, after three months of daily use³ • Horny goat weed has been found to have natural compounds that have androgenic/anti-estrogenic properties* Androgens promote physical vigor and increased libido in both men and women⁴ • In a double-blind, placebo-controlled crossover study, 60% of male patients using panax ginseng reported support for sexual function over the placebo group⁵ • Tongkat ali supports healthy male sexual drive through adaptogenic properties⁶ 	<ol style="list-style-type: none"> 1. Zheng BL, et al. Effect of a lipidic extract from lepidium meyenii on sexual behavior in mice and rats. <i>Urology</i>. 2000;55:598-602. 2. Riley AJ. Yohimbine in the treatment of erectile disorder. <i>Br J Clin Pract</i>. 1994;48:133-136. 3. Saratikov AS, et al. Chapter III and Chapter VIII: Clinical studies of rhodiola. In: <i>Rhodiola rosea is a valuable medicinal plant (golden root)</i>. Tomsk, Russia: Tomsk State University Press; 1987.P.69-90;216-27. 4. Kuang AK, et al. <i>Zhong Xi Yi Jie He Za Zhi</i>. 1989;9:737-738. 5. Hong B, et al. A double-blind crossover study evaluating the efficacy of korean red ginseng in patients with erectile dysfunction: a preliminary report. <i>J Urol</i>. 2002;168:2070-3. 6. Ang HH, et al. Eurycoma longifolia increases sexual motivation in sexually naïve male rats. <i>Arch Pharm Res</i>. 1998;21:779-81.

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<p>Indoplex® 286006 – 30 UltraCaps™ 286002 – 60 UltraCaps</p> <p>Stable, Bioavailable Diindolylmethane (DIM), co-solubilized with vitamin E and phosphatidylcholine, for enhanced absorption and bioavailability</p> <p><i>Indoplex® and DIM® are trademarks of and is licensed from BioResponse, L.L.C., U.S. Patent 6,086,915.</i></p>	<p>Take 2 UltraCaps once daily. Take with food. 2 UltraCaps contain:</p> <p>30 mg</p>	<p>Estrogen Balance*</p> <ul style="list-style-type: none"> Supports healthy estrogen metabolism^{*1,2} 	<ol style="list-style-type: none"> Zeligs MA. Safer estrogen with phytonutrition. <i>Towns Lett.</i> 1999;189:83-88.† Le HT, Schaldach CM, Firestone GL, et al Plant-derived 3,3'-Diindolylmethane is a strong androgen antagonist in human prostate cancer cells. <i>J Biol Chem.</i> 2003 Jun 6;278(23):21136-45.
<p>Calcium D-Glucarate 146006 – 90 UltraCaps</p> <p>Calcium D-Glucarate</p> <p><i>Calcium D-Glucarate licensed from Applied Food Sciences, LLC.</i></p>	<p>Take 1 to 3 UltraCaps three times daily with meals. Three ultraCaps contain:</p> <p>1.5 g</p>	<p>Estrogen Detoxification*</p> <ul style="list-style-type: none"> Supports detoxification by increasing elimination of estrogens via Phase II glucuronidation pathways^{*1} 	<ol style="list-style-type: none"> Walaszek Z, et al. Metabolism, uptake, and excretion of a D-glucaric acid salt and its potential use in cancer prevention. <i>Cancer Detect Prev.</i> 1997;21(2):178-90.†

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Product & Ingredient	Dosage	Features	Reference
SUPPORT FOR BLADDER HEALTH			
Nettle-Pygeum Complex 78006 – 60 softgels Stinging Nettle (<i>Urtica dioica</i>) Pumpkin (<i>Cucurbita pepo</i>) Pygeum (<i>Pygeum africanum</i>)	Take one softgel in the morning and one in the evening. May be taken as two softgels once daily. Two softgels contain: 900 mg 525 mg 100 mg	<ul style="list-style-type: none"> Supports bladder strength and prostate health*¹⁻⁴ 	<ol style="list-style-type: none"> Gerber GS, et al. Saw palmetto (Serenoa repens) in men with lower urinary tract symptoms: effects on urodynamic parameters and voiding symptoms. <i>Urology</i>. 1998 Jun;51(6):1003-7. Zhang X, et al. Effect of the extracts of pumpkin seeds on the urodynamics of rabbits: an experimental study. <i>J Tongji Med Univ</i>. 1994;14(4):235-8. Barlet A, et al. Efficacy of Pygeum africanum extract in the medical therapy of urination disorders due to benign prostatic hyperplasia: evaluation of objective and subjective parameters. A placebo-controlled double-blind multicenter study. <i>Wien Klin Wochenschr</i>. 1990 Nov 23;102(22):667-73. Ishani A, et al. Pygeum africanum for the treatment of patients with benign prostatic hyperplasia: a systematic review and quantitative meta-analysis. <i>Am J Med</i>. 2000 Dec 1;109(8):654-64.
SUPPORT FOR CONNECTIVE TISSUE			
Cold Sore Relief™ 09740 – .18 oz. tube Allantoin (1%)	Topical. Apply liberally 2 – 4 times daily at the first sign of cold sore or fever blister.	Over-the-counter (OTC) <ul style="list-style-type: none"> Allantoin relieves pain and promotes healing of cold sores¹ Relieves dryness and softens cold sores and fever blisters. Softens scabs associated with cold sores and fever blisters 	<ol style="list-style-type: none"> Code of Federal Regulations, Title 21, Volume 5, April 1, 2004. Part 310, Subpart E, Section 310.534. Drug products containing active ingredients offered over-the-counter (OTC) for human use as oral wound healing agents.
Thymuril®* 73995 – 50 capsules 73985 – 50 tablets Lysine <i>Echinacea purpurea</i>	Take 4 capsules daily or 2 tablets daily. Four capsules or two tablets contain: 250 mg daily 300 mg daily	<ul style="list-style-type: none"> Provides vitamins and minerals essential for proper immune function*^{1,2} 	<ol style="list-style-type: none"> Walsh DE, et al. Subjective response to lysine in the therapy of herpes simplex. <i>J Antimicrob Chemother</i>. 1983 Nov;12(5):489-96. Binns SE, et al. Antiviral activity of characterized extracts of <i>Echinacea</i> spp. (<i>Heliantheae</i>: <i>Asteraceae</i>) against herpes simplex virus (HSV-1). <i>Planta Med</i>. 2002 SP;68(9):780-3.

*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.