

**BioProstate**

A powerful blend of essential vitamins, minerals and plant extracts to help maintain normal prostate and urinary flow function, with zinc that contributes to normal fertility, reproduction and maintenance of normal testosterone levels.

**Prostate**

The prostate is a small gland about the size of a fist, located deep inside the groin, between the base of the penis and the rectum. It is important for reproduction, because it supplies the seminal fluid, which mixes with sperm from the testes. Seminal fluid helps the sperm to travel and survive<sup>1</sup>.

**Prostate Structure**<sup>3</sup>

The prostate is surrounded by connective tissue containing many muscle fibres. Scientists often split the prostate into four zones that encircle the urethra. The same are listed below.

**Anterior fibromuscular zone (stroma)** — made of muscular and fibrous tissue. Part of the capsule.

**Peripheral zone** — mostly situated toward the back of the gland, this is where most of the glandular tissue is.

**Central zone** — surrounds the ejaculatory ducts and makes up around one-quarter of the prostate's total mass.

**Transition zone** — this is the smallest part of the prostate and surrounds the urethra; it is the only portion of the prostate that grows throughout life.

**Prostate Ailments**<sup>4</sup>

There are three distinct types of disease of the prostate gland.

**Benign Prostatic Hyperplasia (BPH)** is a non-cancerous enlargement of the prostate gland that affects approximately 50% of all men before the age of 50 and greater than 75% percent of men over the age of 60. Symptoms generally include difficulties associated with urinating, an urge to urinate even when the bladder is empty (urgency), frequent urination, especially at night, and a weak or intermittent stream or a feeling of incomplete emptying of the bladder and/or dribbling of urine.

**Prostatitis** is an inflammation of the prostate that may be caused by a bacterial infection. This disease may affect men of any age and can occur in any prostate whether small or enlarged.

Symptoms of prostatitis are similar to those caused by an enlarged prostate and include urge frequency with difficulty in emptying the bladder.

**Prostate Cancer** is one of the leading causes of cancer deaths among men. However early detection often leads to the effective treatment of prostate cancer. In the majority of cases, prostate cancer will be detected while it is still localized, rather than metastasized (spread). Prostate cancer symptoms include difficulty with beginning urination, a frequent need to urinate, primarily at night; the inability to urinate; weak or sporadic urine flow; painful or a burning sensation during urination; painful ejaculation; blood in the urine or semen; and pain in the back, hips or located in the extremities. It is recommended that males age 50 and greater be screened annually.

### **BioProstate Product Features**

A blend of 5 botanicals - Saw Palmetto, Pumpkin Seeds, Nettle Leaves, Maca Root, and Cranberry Extract – with Lycopene, Zinc, Selenium, Vitamin B6 and Vitamin D3.

**Vitamin D3:** It ensures normal functioning of immune system while maintaining overall strength of muscles and bones in humans. It has been authorized by European Food Safety Authority for its essential role in human immunity.

**Vitamin B6:** Vitamin B6 contributes to regulate and maintain balanced hormonal activity while contributing to normal red blood cell formation. Its essential role has been authorized by European Food Safety Authority.

**Selenium:** Selenium has been recognised by European Food Safety Authority to contributes to normal spermatogenesis (sperm formation process in males). It further contributes to the protection of cells, DNA and proteins from oxidative stress.

**Zinc:** Zinc is recognized as an important mineral for male health by European Food Safety Authority, as it contributes to normal fertility and reproduction and maintenance of normal testosterone levels.

**Saw Palmetto<sup>5</sup>:** Saw palmetto helps maintain the proper function of the prostate. Few studies suggest that saw palmetto contributes by inhibiting the activity of 5-alpha-reductase, regulating testosterone-to-dihydrotestosterone (DHT) conversion and blocking DHT from binding and accumulating in prostate tissues. It is considered adjuvant in the symptomatic treatment of micturition disorders in BPH stage I and II and support proper urinary flow.

**Pumpkin Seed<sup>6</sup>:** Pumpkin seed oil supplies multiple prostate-protective antioxidants along with the active compounds' beta sitosterol and squalene. Like saw palmetto, pumpkin seed has been suggested to support the prostate by blocking testosterone-to-DHT conversion.

**Maca Root<sup>7</sup>:** Maca root extract have studies that suggest its important role as a source of energy and supporting healthy physical and mental performance. It helps in maintaining optimal stamina, feelings and vitality, physical and mental well-being.

**Nettle leaves<sup>9</sup>:** Nettle leaves provided silica which promotes supple and healthy connective tissues throughout the lower urinary tract and helps maintain bladder and urethral health.

**Lycopene<sup>10</sup>:** Lycopene, a potent carotenoid antioxidant derived from tomatoes, is found naturally in high concentrations in the prostate. Low plasma lycopene levels have been linked with serious prostate health issues. Supplemental lycopene is believed to promote healthy cell growth and normal cell differentiation within the prostate gland.

**How to Use:**

1 Tablet daily with water during meal or as directed by Physician.

**Advisory:** Food supplements must not be used to replace a varied and balanced diet and healthy lifestyle. If you are taking prescription medication or under medical supervision, please consult a doctor or healthcare professional prior to taking any supplements. Discontinue use and consult doctor if adverse reactions occur. Do not exceed the recommended intake.

**Storage:** Store below 25°C in a dry place. Keep out of reach of children. Do not use if seal is broken.

**Manufactured in the UK for:**

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To explore our Concept, the minds behind BioNutrica, and be part of our journey of building a healthier self - visit us on [www.bionutrica.uk](http://www.bionutrica.uk), write us on [info@bionutrica.uk](mailto:info@bionutrica.uk), or just follow us on Instagram @bionutricaIE

**References**

<sup>1</sup><https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/prostate-gland/>

<sup>2</sup><https://www.ncbi.nlm.nih.gov/books/NBK279291/>

<sup>3</sup><https://www.medicalnewstoday.com/articles/319859>

<sup>4</sup><https://med.virginia.edu/urology/for-patients-and-visitors/adult-urology/prostate-disease/>

<sup>5</sup>Suzuki M, et al. Pharmacological effects of saw palmetto extract in the lower urinary tract. *Acta Pharmacol Sin.* 2009 Mar;30(3):227-81.

<sup>6</sup>Heeok Hong, et al. Effects of pumpkin seed oil and saw palmetto oil in Korean men with symptomatic benign prostatic hyperplasia. *Nutrition Research and Practice* (2009), 3(4), 323-327.

<sup>7</sup>Zhong Ai, et al. Antidepressant-Like Behavioral, Anatomical, and Biochemical Effects of Petroleum Ether Extract from Maca (*Lepidium meyenii*) in Mice Exposed to Chronic Unpredictable Mild Stress. *J Med Food* 17 (5) 2014, 535–542.

<sup>8</sup>Berges RR, et al. Randomised, placebo-controlled, double-blind clinical trial of beta-sitosterol in patients with benign prostatic hyperplasia. Beta-sitosterol Study Group. *Lancet.* 1995 Jun 17;345(8964):1529-32.

<sup>9</sup>Dorota Kregiel, et al. *Urtica* spp.: Ordinary Plants with Extraordinary Properties. *Molecules* 2018, 23, 1664.

<sup>10</sup>Mozos et al. Lycopene and Vascular Health. *Frontiers in Pharmacology.* May 2018; Volume 9; 521.

<sup>11</sup>Hisano M et al. Cranberries and lower urinary tract infection prevention. *Clinics* 2012;67(6):661-667.