

**BioProstate Tablets :**

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.

**Read all of this leaflet carefully before you start taking this formulation because it contains important information for you.**

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

**What is in this leaflet**

1. What BioProstate is and what it is used for
2. What you need to know before you take BioProstate
3. How to take BioProstate
4. Possible side effects
5. How to store BioProstate
6. Contents of the pack and other Information

**1. What BioProstate is and what it is used for**

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.

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

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

**Lycopene:** 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.

**2. What you need to know before you take BioProstate****Do not take BioProstate:**

- if you are allergic to any of the ingredients in the formulation.

**Warnings and precautions**

Visit your doctor to rule out any underlying conditions.

If you are taking other medication, you should consult your doctor before taking BioProstate.

You must talk to your doctor or pharmacist if you feel worse during use of this product, or if your symptoms do not improve.

**Children and adolescents**

- Do not give this product to children or adolescents under 18 years of age.

**Other medicines and BioProstate**

- Do not take this product if you are taking barbiturates or benzodiazepines (used as tranquilizers).
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as BioProstate.

**Pregnancy and breast-feeding**

Do not take this product if you are pregnant or breast-feeding.

**Driving and using machines**

- This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

**3. How to take BioProstate**

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

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

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

**If you take more BioProstate than you should**

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

**If you forget to take BioProstate**

Don't worry about the missed dose. Take the next dose as usual.

**If you feel BioProstate isn't working**

See your doctor if your symptoms worsen or do not improve.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

**4. Possible side effects**

Like all medicines, BioProstate can cause side effects, although not everybody gets them. Adverse reactions to BioProstate are uncommon. Possible adverse reactions may include:

- Nausea, vomiting, diarrhea, loss of appetite and headache.

If you notice any side effects, discontinue use and tell your doctor or pharmacist.

**5. How to store BioProstate**

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the label and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

**6. Contents of the pack and other information****What BioProstate contains**

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

**What BioProstate looks like and contents of the pack**

Pack sizes: 60 Tablets.

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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](https://www.instagram.com/bionutricaIE)

**This leaflet was last revised in 01/2024.**

**References**

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