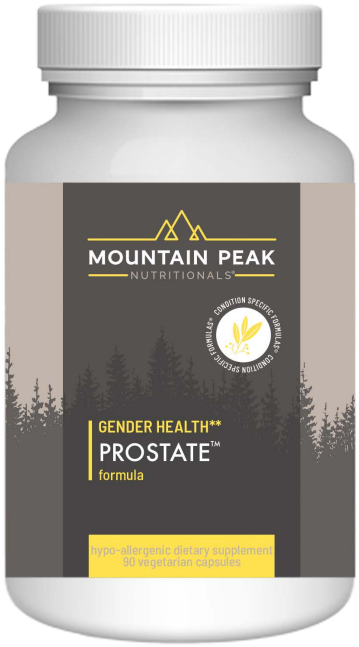
# TECHNICAL DATA SHEET

MOUNTAIN PEAK NUTRITIONALS®




## GENDER HEALTH
# PROSTATE™

**Supports amino acid metabolism and bladder function.**

**Prostate formula contains vital herbs and nutrients that support proper prostate and urinary function while modulating optimal prostaglandin and prolactin metabolism in the prostate. We include saw palmetto standardized to contain 45% total fatty acids and 0.15% phytosterols from Euromed, whose parent company is the world famous Madaus GmbH of Germany, a leading European manufacturer of the highest quality botanical ingredients available. African pygeum, also from Euromed, is a 200:1 standardized extract containing 25% total sterols. We also include zinc, stinging nettle root, lycopene, Graminex® G63® flower pollen, pumpkin seed extract, and catechins from green tea extract. Prostate is specifically formulated to support prostate function and health.**

## Supplement Facts

**Serving size: 3 capsules**
**Servings per container: 30**

| Amount per serving | | %DV |
|---|---|---|
| Vitamin B6 (as Pyridoxine HCl) | 75 mg | 4412% |
| Magnesium (as Magnesium Bisglycinate Chelate) | 60 mg | 14% |
| Zinc (as Zinc Monomethionine) | 24 mg | 218% |
| *Prostate Proprietary Blend:* | 1595 mg | * |
| Saw Palmetto extract (berry) (Serenoa repens) (Euromed®), Green tea extract (leaf) (Camellia sinensis), Stinging Nettle extract (root) (Urtica dioica), African Pygeum extract (bark) (Prunus africana) (Euromed®), Pumpkin extract (seed) (Cucurbita spp), Graminex® G63® Flower Pollen Extract™ (Secale cereale), Lycopene | | |

* Daily Value not established.

**Other Ingredients:** Vegetarian capsules (hypromellose, purified water), silicon dioxide

GRAMINEX

## INGREDIENTS:

### Saw Palmetto
Saw palmetto has been utilized for decades to support healthy prostate and urinary function. The ripe fruit of the saw palmetto contains volatile and fatty oils. Many saw palmetto products are standardized based on the fatty acid content. The most effective saw palmetto products seem to be whole berries or berry extracts prepared with lipophilic nonpolar solvents. In a JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, results suggest that saw palmetto provides important urologic support by promoting healthy urinary function (2). Its primary mode of action involves maintaining healthy testosterone metabolism.

### African Pygeum
African pygeum bark extracts may support prostatic fibroblasts and epithelial cells. Preclinical research suggests that pygeum supports bladder contractility.

### Graminex® G63® Flower Pollen Extract™
Flower pollen extract has positive prostate cell metabolism qualities and influences health y and normal urine flow. Graminex® G63® provides a healthy spectrum of nutrients including vitamins, minerals, carotenoids, flavonoids, nucleic acids, and enzymes.

Replaces all previous versions: 7.23.26

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Lycopene**
Lycopene is a carotenoid, but contains no vitamin A activity. It is the pigment that gives some fruits and vegetables, such as tomatoes, their color. Lycopene seems to support the prostate function. Lycopene tends to be concentrated more in healthy prostate glands.

**Pumpkin Seed Extract**
Pumpkin seed extract is rich in carotenoids, including lutein, carotene, and beta-carotene. The enzyme acyl-coenzyme A oxidase (ACOX) is present in the pumpkin seed. The ACOX enzyme catalyzes fatty acid oxidation, specifically the oxidation of fatty acid CoA esters with 4 to 10 carbon atoms (3). Research suggests pumpkin seed extract supports healthy bladder and urethral function.

**Stinging Nettle Root**
Stinging nettle root contains polysaccharides that that may support the immune system. In numerous clinical studies in Germany, stinging nettle root was shown to maintain proper sex hormone binding globulin (SHGB) activity.

**Green Tea**
Green tea is from the leaf bud, leaf, and stem. Green tea is different from black and oolong teas because it is not fermented. Polyphenols such as flavanols, flavandiols, flavonoids, and phenolic acids are abundant in green tea. Catechins from Green tea work with chemicals released by the body (4).

**Zinc**
Zinc concentration in the prostate is the highest amount of any organ in the male body. Zinc plays a critical role in the metabolism of androgens, which play a vital role in prostate health. A zinc deficiency is characterized by low sperm counts and delayed onset of puberty among other known deficiencies (5). Zinc inhibits the binding of androgens in the prostate and also inhibits 5-alpha-reductase. Zinc inhibits prolactin secretion and reduces the binding of prolactin in the prostate.

**Magnesium**
Magnesium is involved with more than 300 enzyme systems , including vascular contraction, neuromuscular function, and cell membrane stability and fluidity.

**Vitamin B6 (Pyridoxine HCl)**
Vitamin B6 is required for amino acid metabolism. It is also involved in carbohydrate and lipid metabolism. Pyridoxine is significant in hormone synthesis, nerve impulse transmission, and hemoglobin formation.

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

mountainpeaknutritionals.com
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CONDITION SPECIFIC FORMULAS®