

# Prostachron®

*Prostachron® is a mixture of well-proven plant extracts, formulated based on the latest chronobiological principles, that provides optimum protection for a healthy prostate. The ingredients in Prostachron® also support healthy cell growth and inflammatory processes.*

## Basic Facts

It is common for the prostate gland to begin to grow between the ages of 40 and 50. This growth often takes a slow, intermittent course, eventually developing into the most common reason for disturbance of bladder emptying in men. Age-related prostate growth is caused by the cells of the prostate reproducing more rapidly, which enlarges the cell tissue. As the prostate grows larger, it may begin to press on the urethra, which it encircles, hindering urine flow.

An unhealthy prostate can greatly affect quality of life. As a rule, prostate growth is associated with hormonal changes which occur during male menopause (andropause), when a drop in male sex hormones – particularly testosterone – occurs. As men age, levels of growth hormone and estrogen also slowly decrease.

High stress levels and certain lifestyle factors also contribute to sub-optimal prostate health and can begin to occur even in men younger than 40. Prostate concerns can lead to a number of problems such as difficulty urinating, delay in urination (hesitancy), a reduction in the force of the urine stream, longer terminal dribbling and frequent passing of small amounts of urine at night.

The prostate (a word derived from the Greek word meaning «one who stands before», «protector», or «guardian») is situated below the neck of the bladder, and encircles the urethra. It is a compound organ made up of 30 to 50 small glands. These glands produce a fluid that is secreted into the urethra at the time of ejaculation, accounting for two thirds of the volume of semen. The prostate also produces a special antigen called PSA, which has become recognized as a marker for abnormal prostate function.

The size of the prostate does not always determine how severe the resulting symptoms will be. Even a minor enlargement of the gland may result in severe symptoms. Prostate health tends to deteriorate slowly and progressively. A rectal exam performed

by a physician can determine whether the prostate is a healthy size, and it is frequently recommended that men over the age of 45 get this exam on a regular basis.

## Effects

The chronobiological supplement Prostachron® intelligently combines highly bioactive substances that offer free radical protection, such as carotenoids, phytosterines, phytosterols, phenylglycosides and polyphenols, in one capsule to be taken in the morning and one capsule for the evening, based on the latest chronobiological principles. During the day, healthy bladder function is supported, while at night the focus is on maintaining healthy cellular inflammatory processes. The components in Prostachron® act together, augmenting rather than inhibiting each others' effects.

Prostachron® is based on traditional and scientific findings. The two diets known to be associated with increased prostate health are the Japanese diet and the Mediterranean diet. The Japanese diet is high in green tea, soy, vegetables and fish. The Mediterranean diet contains large amounts of fresh fruits and vegetables, garlic, tomatoes, red wine, olive oil and fish.

Aside from beneficial nutrients found in foods like these, scientists have identified more than a dozen medicinal plants, spices and herbs all over the world that help maintain prostate health. This process began in the middle of the 20th century with fat-soluble extracts obtained from the berries of the saw palmetto (*Serenoa repens*) plant – a natural remedy used by the Maya and North American Seminole Indians to enhance libido and arousal, help soothe female concerns, support healthy fertility and help maintain a healthy prostate. The effect of these berries, which were initially used as animal feed, is triggered by the mild hormone-like phytosterols they contain.

In 1985 and 1991 a commission on medicinal plants of the German government recommended pumpkin seed (*Cucurbita pepo*) for supporting a healthy prostate. The pumpkin plant family has been cultivated for 16,000 years. Fewer instances of prostate concerns are known to occur in regions with a tradition of eating dried pumpkin seeds, such as the Balkans, Asia Minor and Ukraine. Nowadays the most valuable phytonutrients contained in the pumpkin are extracted both from its seeds and its oils. In 2005, *Cucurbita pepo* was voted Medicinal Plant of the Year.

**At a Glance**

**Prostachron®**

- ▶ Chronobiological formulation designed to protect prostate health
- ▶ Helps promote healthy cell growth and a healthy immune system
- ▶ Provides powerful protection against free radicals
- ▶ Helps maintain healthy cellular inflammatory processes

**Prostachron®**

## Uses

**Vitamin C:** Helps protect against free radicals.

**Vitamin E (as D-alpha tocopheryl acid succinate):** Helps maintain healthy testes.

Pumpkin seed extract: Helps to maintain a healthy hormone balance and positively affects the bladder and prostate.

**Aspen bark powder:** Helps maintain healthy cellular inflammatory processes.

**Stinging nettle root extract:** Promotes a healthy immune system and urinary excretion.

**Goldenrod root extract:** Has diuretic, anti-inflammatory and antispasmodic properties. Suitable therapy for flushing the kidneys and urinary tract. .

**Asparagus root extract:** Promotes healthy kidney activity, helps protect against urinary tract infections and irritable bladder.

**Astaxanthin:** Protects cellular health, aids in the transfer of energy.

**Saw palmetto fruit extract:** Helpful in cases of increased urge to urinate and pain when urinating.

**Resveratrol:** Promotes healthy aging and longevity, protects against free radicals and promotes healthy cellular inflammatory processes.

**Selenium:** Promotes healthy cell growth.

**Sitosterols (plant sterol contain beta-sitosterol, campesterol, stigmasterol, brassicasterol, sitostanol):** Several plant sterols help to maintain healthy cholesterol levels within normal ranges and soothe symptoms of an enlarged prostate (benign prostatic hyperplasia or BPH). They may also reduce the risk of developing malignant cell degeneration of the prostate.

**EPA, DHA:** Omega 3 fatty acids that maintain healthy cellular inflammatory processes and metabolic function.

**Coral Calcium®:** Special mineral formulation to enhance absorption of other ingredients.

On the whole, these phytonutrients contain thousands of constituents with unique chemical structures and equally sophisticated mechanisms of action, and are all particularly helpful in protecting against free radicals.

## Composition

AM capsule (morning)		
	per capsule / daily dose	
Vitamin C	125 mg	250 mg
Vitamin E (as D-alpha tocopheryl acid succinate)	45 mg	90 mg
Selenium (Se)	40 mcg	80 mcg
Omega 3 complex (contains EPA 36 mg, DHA 24 mg)	60 mg	120 mg
Pumpkin seed extract	100 mg	200 mg
Stinging nettle root extract	125 mg	250 mg
Goldenrod root extract	25 mg	50 mg
Asparagus root extract	50 mg	100 mg
Aspen bark powder	25 mg	50 mg
Coral Calcium®	12.5 mg	25 mg
Bioperine®	1.25 mg	2.5 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO<sub>2</sub>.

PM capsule (evening)		
	per capsule / daily dose	
Astaxanthin	2 mg	4 mg
Pumpkin seed extract	150 mg	300 mg
Saw palmetto fruit extract	125 mg	250 mg
Sitosterols (plant sterols contain beta-sitosterol, campesterol, stigmasterol, brassicasterol, sitostanol)	30 mg	60 mg
Omega 3 complex (contains EPA 36 mg, DHA 24 mg)	60 mg	120 mg
Resveratrol	20 mg	40 mg
Coral Calcium®	12.5 mg	25 mg
Bioperine®	1.25 mg	2.5 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO<sub>2</sub>.

## Dosage

As a food supplement for prevention take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening at mealtimes with plenty of fluid.

In case of initial and advanced-stage benign prostatic hyperplasia (BPH) take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening at mealtimes with plenty of fluid.

## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

### Prostachron® Product Groups

Prostachron® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):



**Vitamins & Food Supplements**

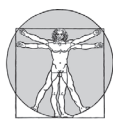


**Chronobiology**



**Men's Health**

Manufacturer:



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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