

PATIENT INFORMATION LEAFLET

PROSTA balance capsules **dietary supplement**

To maintain prostate health and function

Supplement facts

Serving size: one capsule

One capsule contains:

Active ingredients: 180 mg dried saw palm fruit extract (*Serenoa repens*), 90 mg dried pumpkin seed extract (*Cucurbita pepo*), 50 mg dried nettle root extract (*Urtica dioica*), 4 mg lycopene extract, 50 mg phytosteroles, 10 mg zinc as zinc gluconate, 0,04 mg selenium as sodium selenite.

Other ingredients: lactose monohydrate, colloidal silicon dioxide.

What is Prosta Balance and what is recommended for?

Prosta Balance is a carefully selected combination of herbal extracts, minerals and other biologically active principles. It is recommended for men older than 40 years to help maintain the physiological function of prostate and reproductive health.

What are active ingredients in Prosta Balance capsules?

Dried saw palm fruit extract (*Serenoa repens*)

Saw palm extract contains phytosteroles and free fatty acids that in various studies have shown remarkable efficacy in reducing symptoms of benign prostatic hyperplasia.

Dried pumpkin seed extract (*Cucurbita pepo*)

Pumpkin seed extract is rich with vitamins A, B and E, minerals zinc and selenium, omega-3 and omega-6 fatty acids and phytosteroles. Pumpkin seeds may help relieve symptoms of benign prostatic hyperplasia (BPH). Several studies in humans found that eating these seeds reduced symptoms that are associated with BPH.

Dried nettle root extract (*Urtica dioica*)

Nettle root extract contains lignans, such as 3,4-divinyltetrahydrofuran, and steroidal components, such as stigmaterol, which contribute to the improvement of lower urinary tract symptoms in benign prostatic hyperplasia.

Lycopene extract

Lycopene is a powerful antioxidant. It also shows anti-inflammatory activity, increases intercellular communication, affects the maintenance of cellular function and reduces abnormal cell proliferation.

Phytosteroles

Phytosterols inhibit the conversion of testosterone into dihydrotestosterone (DHT). Besides that, phytosterols have a similar chemical structure to androgenic hormones, so they competitively bind to receptors.

Zinc

The high concentration of zinc in the prostate suggests that zinc may play a role in prostate health. Zinc plays an important role in the production of sperm and the activity of male sex hormones.

Selenium

Selenium is one of the most powerful antioxidant minerals. It may help lower the risk of certain cancers.

Prosta Balance capsules are especially recommended in case of:

- ❖ difficult, incomplete and frequent urination (symptoms of benign prostate enlargement - BPH)
- ❖ inflammatory changes in the male urogenital tract
- ❖ disturbed spermatogenesis

Directions for use:

One capsule per day, after meal, with liquid. Do not exceed the recommended intake.

Dietary supplements are not a substitute or replacement for a balanced diet. It is important to adhere to a balanced and varied diet and a healthy lifestyle.

Restriction for use

Prosta Balance capsules should not be taken by people who are hypersensitive to any of the ingredients in this product.

Batch number and expiry date: Printed on packaging. Do not use this product after expiration date.

Package: 30 capsules in a blister pack, in a box.

Storage instructions: Store in a cool, dry place. Keep out of reach of children.

Shelf life: 3 years.

Date and number of authorisation:

Authorisation holder:

Manufacturer:

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