

## PROSTATE HEALTH SUPPLEMENTS

### *Ethical Nutrients*, **Mega Zinc 40mg**

Ingredients:

Zinc amino acid chelate 200mg equivalent to Zn	40 mg
Pyridoxine hydrochloride (Vitamin B6)	20 mg
Betacarotene	3.0 mg

**Dose:** one per day with food.

### *Blackmores*, **Prostate Health Proseren**

Ingredients:

Saw Palmetto ( <i>Serenoa repens</i> ) extract 160mg equiv dry fruit (standardised to contain fatty acids 144 mg)	1600 mg
---	---------

**Dose:** two per day with food.

### *Blackmores*, **Prostate Health Formula**

Ingredients:

Saw Palmetto ( <i>Serenoa repens</i> ) extract 160 mg equiv dry fruit (standardised to contain fatty acids 144 mg)	1600 mg
Lycopene 2.5 mg equiv fresh tomato ( <i>Lycopersicon esculentum</i> )	14.6 g
Selenium as Selenomethionine	50 microgram
Zinc as sulphate monohydrate 20.8 mg equiv Zn	7.5 mg
Nettle ( <i>Urtica dioica</i> ) extract equivalent to dry root	1130 mg
d-alpha-Tocopherol (Vitamin E) 75 IU,	50.3 mg

**Dose:** two per day with food.

### Swisse, **Prostate**

Ingredients:

Saw Palmetto ( <i>Serenoa repens</i> ) extract 321 mg equiv dry fruit	4000 mg
Lycopene 10 mg equiv fresh tomato ( <i>Lycopersicon esculentum</i> )	3.5 g
Selenium as Selenomethionine	6.5 microgram
Zinc from zinc amino acid chelate	6 mg
Nettle ( <i>Urtica dioica</i> ) extract equivalent to dry root	1000 mg
Pumpkin seed ( <i>Curcubio pepo</i> ) extract 25 mg equiv dry seed	500 mg
Colecalciferol (Vitamin D3)	50 IU
Folic acid	250 microgram
Tumeric ( <i>Curcuma longa</i> extract 5mg equiv dry rhizome	100 mg
Korean Ginseng ( <i>Panax ginseng</i> extract 5.5mg) equiv dry root	55 mg
Reishi mushroom ( <i>Ganoderma lucidium</i> extract 2.75 mg) equiv dry	55 mg
Dyers Woad ( <i>Isatis tinctoria</i> extract 11 mg equiv dry root	55 mg
Licorice ( <i>Glycyrrhiza glabra</i> extract 13.75 mg equiv dry root	55 mg

**Dose:** two per day with food.

### Caruso's, **Prostate eze max**

Ingredients:

<i>Prunus africana</i> (Pygeum) extract equiv dry conc (sitosterol & sitosterol glycosides): standardized 9.75 mg	75 mg
Saw Palmetto ( <i>Serenoa repens</i> ) extract 44 mg equiv dry fruit	300 mg
Lycopene 2.1 mg equiv fresh tomato ( <i>Lycopersicon esculentum</i> )	10 g
Pumpkin seed ( <i>Curcubio pepo</i> ) extract 7 mg equiv dry seed	160 mg
Willow herb ( <i>Epilobium parviflorum</i> ) extract dry conc	125 mg

**Dose:** one per day with food.

**Dose limits:** Zinc, the USA National Institute of Health recommends max adult daily dose 40 mg. Selenium, the USA National Institute of Health recommends max adult daily dose 400 microgram.