

THE MEN'S GUIDE TO

Prostate SUPPLEMENTS

Sleep Well

Find Out Which Pill Lets You
Sleep Through The Night

Lab Reports Don't Lie!

Shocking Lab Reports
Show What's Really
In Popular Pills

Phony Doctors & Scams EXPOSED!

Latest Research

The Very Latest Information From
Leading Doctors And Universities

**Find Out
What's
Hot &
What's
Not!**

A Must Read For All Men Over 50

2009 EDITION

\$4.99 US / \$6.99 CAN



Out of the over 150 natural prostate products we have evaluated, these five represent those that would be most helpful to you. Whether you are trying to relieve an immediate prostate problem or looking to keep your prostate as healthy as possible, these supplements are the best of the best.

1

Prostavar

Easily the number one prostate pill we have ever evaluated. More men seem to get better results with this powerhouse formula than any other. The innovative extraction process sets it apart and it dominated all laboratory tests. In a class by itself.



**Order: 800-803-0480 or
www.prostavar.com**

2

Vasotrex

This is another fine product that achieved good marks in a number of different laboratory tests. All of the key compounds are present in good to excellent levels. Not in the same league as Prostavar, but clearly the best of the rest. Very expensive - but works.



**Order: 800-798-9425 or
www.4vasotrex.com**

3

Prost RX

The good folks over at Hi-Tech Pharmaceuticals have done a wonderful job with this sharply designed product. It scored well in lab tests, has nice levels of key ingredients including beta sitosterol.



**Order: 888-855-7919 or
www.hitechpharma.com**

4

Super Beta Prostate

This highly publicized formula achieved extremely high marks for its total sterol levels and Free Fatty Acids in laboratory tests. Designed by Roger Mason, the formula is too one-dimensional. Think a great passing game but no running game or defense. Still very helpful.



**Order: 888-997-2941 or
www.newvitality.com**

5

Prostanol

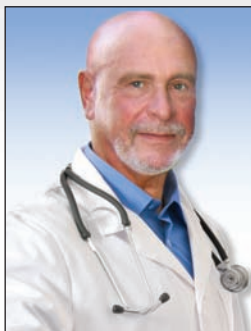
This is a soft gel pill that was designed by Dr. Al Sears. The formula is not as multi-dimensional as the top two, but its high levels of Free Fatty Acids and Phytosterols are very impressive. A well made product.



**Order: 800-815-5151 or
www.vitalmaxvitamins.com**

TOP 5 PROSTATE PILL RANKINGS

Introduction



Dr. Pierre Swaab

I want to thank you and congratulate you for getting a copy of the Men's Guide To Prostate Supplements. My name is Bruce Ogintz, I am a retired attorney based in Malibu, California and developed the idea for this book with a man I believe to be one of the world's leading doctors of natural medicine, Dr. Pierre Swaab.

This guide was the result of my frustration over the significant health issues I have faced over the past four years. I think I have spent more time at the Cedar Sinai Medical Center in Beverly Hills these past two years than anyone in Southern California! I am convinced that prescription drugs contributed to my health problems, rather than alleviate them.



Bruce Ogintz

I became obsessed with the robust health of many men much older than me and I discovered all of them had one thing in common – they all took natural supplements and ate a healthy diet. I decided to do an investigation on the number one health issue facing men, that being prostate health. There are a number of great organizations doing wonderful things to help men with prostate problems, but no one was addressing what I think is a key component of prostate health – natural supplements. Some work, most don't, this guide gives you the straight answers.

In my research I quickly discovered that many of the products were all hype and no substance. They were basically "powder in a bottle". That is what lead me to do the lab reports – this it what really lets you know the true contents of these products.

Having a healthy prostate is extremely important, and I hope that my research and the information helps you live a longer, healthier, life.

Acknowledgements

The authors wish to express their profound gratitude to the thousands of men throughout to the world who have helped greatly with the formulation of this guide by filling out our survey sheets and sending in their personal experiences with prostate drugs and supplements. You can fill out a survey sheet at www.prostatepillinsider.com

While it is impossible to thank everyone, we would like to give a special thanks to:

Dr. Beverly Coleman, Dr. Roy Gill, Scott Tips president of the National Health Federation, Dr. Wichai Cherdshewasart, Dr. Woolsey Semple, Dr. Paul Burns, Bernard Aronowicz, Tom Bowen, Susan Walker, Peter Amato, and Dr. Philip Wunder. Thank you all.

NOTICE: This guide is intended for consumer information and educational purposes only, in the spirit of Sec. 5 of DSHEA, the Dietary Supplement Health and Education Act (or 3rd party literature). Nothing mentioned in this guide is intended as advice or recommendations to diagnose, treat, cure, mitigate, or prevent any diseases or abnormal conditions. While the guide does discuss the latest science and clinical trials about ingredients-- and even evidence as to the therapeutic value of some supplements or ingredients--these products are dietary supplements, not drugs, and are for supplementation of the diet rather than therapeutic use. Nothing in the guide is intended to be--nor should it be construed as--medical advice. Consumers should consult with their own health care practitioners for individual medical recommendations.

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Rating The Prostate Pills



Having a healthy prostate is something every man wants. No one wants to go through the pain and suffering that comes with an enlarged prostate, not to mention some of the more serious prostate conditions that effect millions of men. So anything that can be done to help prevent or alleviate these problems is welcomed with open arms. There are several prescription pharmaceutical drugs that can and are available, but many men find that either these do not work for them, or that they are afraid of the negative side-effects that have been associated with continuous use of these products.



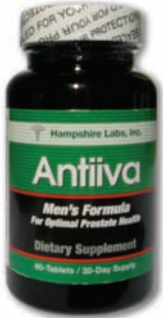
As a result of all the publicity that natural products have generated, the market has been flooded with over 400 products that promise to help men with prostate problems. They range from the brilliant to the out and out frauds. In this section of our guide we have taken 21 of the more well known prostate products along with the best we found and the worst we found to give you an idea of how they rate. We have more product ratings on our website at www.prostatepillinsider.com.

These ratings are based on the following criteria: product label, survey results from men taking these products, formula design, and most importantly laboratory analysis of what is REALLY contained in these products.

Since we are all familiar with report card grades, we felt awarding an A,B,C,D or F would instantly let you know what you could expect from each product.



Product Reviews



Grade F

Antiiva – This is a classic example of a product that is completely worthless and tarnishes the reputation of the entire natural health industry. Sold only through mail-orders by the same group of “weasels” who sell Prosta-8 and Prostend (see attached write ups). They try to trick you into believing this is a legitimate product by using pseudo science, phony testimonials and a “pharmaceutical-sounding” name like Antiiva. It’s not. The lab reports expose this fraudulent product for what it is: a rip-off. If you were unfortunate enough to spend money on this “bottle of dirt” you would not have seen any results. Total scam. If you get a letter in the mail from these jokers throw it in the trash!



Grade C

Better Prostate – This 17-ingredient product contains very low levels of important compounds. It also contains an herb called “Butchers Broom” which has no scientific studies validating it as being beneficial for prostate health. The lone bright spot in the formula is the 85% to 95% free fatty acid content of the Saw Palmetto used. Unfortunately, it only contains 50mg. Manufactured by Trim International, a company more known for making women’s beauty supplements, than men’s products. Average lab results, and a \$69 a month price tag don’t add up to a winner.



Grade F

Flotrex – A blatant attempt to confuse the consumer into thinking that this is the prescription drug Flomax. Ads for this low-grade product first appeared right as Boehringer Ingelheim Pharmaceuticals, got approval from the FDA to sell Flomax. Lab results actually showed the pill had an above average level of saw palmetto, but not much else. This product is advertised through direct mail. They feature photos of a man identified as Dr. Treadwell Dubois. There is no listing for a Dr. Treadwell Dubois in ANY American Medical Association anywhere in the United States. We believe this doctor is as bogus as this product. Plus, at \$79 a bottle for a one-month supply this is just not worth it.



Grade C

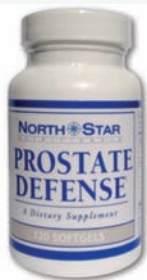
Liquid Prostate - The lone liquid prostate product we have ever encountered. This company specializes in liquid formulas for both humans and pets. While the idea is good – especially for men who do not like to swallow pills, the formula and test results were average. Only 80mg of saw palmetto, and a decent 100mg of pygeum with 13% sterols. Must be refrigerated after first use. Average product but a wise choice if taking pills is a problem for you.

Product Reviews



Grade F

Maximum Prostate – The owner of the company, John Patrick Acord (aka John Livingston) is a 2 time convicted felon. In 1985 he was sentenced to 10 years in federal prison for securities, wire and mail fraud counts. But enough about their company, let's look at their formula. At one time, their original product "Better Prostate" was actually a decent product . . . until they stiffed the lab for over \$40,000. They were unable to pay their bill because they racked up over \$3 million dollars in legal fees trying to defend themselves in numerous lawsuits, which they ultimately lost. In order for them to stay in business, they had to change the name of both their products and they reformulated it with cheap ingredients. The end result of these shortcuts, as revealed in our survey sheets, was that customers had a very difficult time dealing with this company, and that the pills did not work for them. Lab results were very unimpressive.



Grade B

Prostate Defense – North Star Nutritionals of Baltimore produces this well-designed prostate supplement. It's a "soft gel" and the suggested use is four a day. Like all intelligently designed supplements, Prostate Defense contains Pygeum extract yielding 13% sterols and uses an 85% extract of Saw Palmetto. These top quality ingredients were evident in the nice laboratory score this product received. While it was off the mark with Quercetin and Icarin, it is still a better than average product. You can get a bottle of Prostate Defense direct from North Star for under \$50 a bottle.



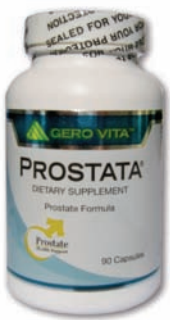
Grade B

Prostanol – This fine "soft gel" product from VitalMax Vitamins was designed by Dr. Al Sears, an advocate for the use of natural health products for men. Dr. Sears does an excellent job designing men's health supplements. Prostanol scored so well in lab reports and got such positive feedback in survey sheets that it made it into the Top 5 comin in at number 5 – not an easy accomplishment! Uses and 85% extract of saw palmetto and had 20mg of beta sitosterol, and provides 266% of the RDA of Zinc. Somewhat Surprising that pygeum is not present in the formula. The proprietary Phytosterol blend of Campesterol, Stigmasterol, Brassicasterol and Sitostanol are effective. The regular price for a one-month supply is \$57.45. Grade B



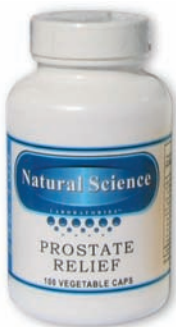
Grade F

Prost-8 – From Hampshire Labs, the Minneapolis based company that specializes in direct mail letters that promise the moon –but deliver poor products. They also make the do-nothing products Prostend and Antiiva. Prost-8 touts itself as the number one product in the world for "optimum prostate health". Strange, since it contains ZERO saw palmetto and ZERO Pygeum, the two absolutely essential compounds for men's prostate health. Outlandish claims and a subpar product is not the combination you are looking for. Laboratory analysis confirms that a purchase of Prost-8 would be a waste of your money.



Grade F

Prostata – GeroVita had sold over 4 millions of bottles of this prostate supplement which failed miserably in lab testing. In fact it looks like a classic example of “powder in a bottle” with virtually zero potency! A rip off! Priced under \$40 a bottle it is a complete waste of money based on the independent laboratory analysis. Many survey sheet complained the pills did nothing for them – now we know why. Company founder and creator of this supplement Almon Glen Brasswell gained national attention a few years ago when he, along with financier Marc Rich, were pardoned by President Clinton in the final days of his presidency. Brasswell (who died last year) was a twice-convicted felon, and it looks like he is still ripping people off! GRADE F



Grade B

Prostate Relief – This well formulated product contains quality extract concentrations of the key ingredients saw palmetto and pygeum. Other beneficial compounds contained in the formula are Beta Carotene, Zinc, Selenium, Parsley juice powder and a variety of herbs which help to cleanse the kidneys and bladder. Prostate Relief is also recommended to be taken along with their product Intestinal Detoxifier which is a specific formula for Prostatitis, and this herbal combination functions as a cleanser, detoxifier, and strengthener of the prostate. Formulated by Dino Gugliemelli, founder of Natural Science Laboratories to help men experience a morning bowel movement. The theory is that a morning bowel movement assists the body in eliminating toxins being cleaned from the prostate. Nice product that is just a few steps away for being one of the super elite. Good lab scores.



Grade A-

Prost-RX – From the highly regarded Atlanta-based supplement manufacturer Hi-Tech Pharmaceuticals, come this exceptional product. We have it rated the number 3 prostate pill due to its exceptional formula and high level of ingredients. While many products are essentially one-dimensional (e.g.: all saw palmetto, or all beta-sitosterol) Prost Rx got high marks across the board. Only a few steps behind Prostavar and Vasotrex, it is clearly the best of the rest. Many survey sheets remarked how well Prosta Rx has worked and how it is more effective than Flomax and Avadart. Super product developed by master nutraceutical formulator Jared Wheat. Grade A -

Product Reviews



Grade C

ProsTec – This companies advertising promises much more than what the product actually delivers. This very simple 7-ingredient formula uses ZERO extracts, and consists mostly of powders. The ideal form of these natural compounds would be “extracts” NOT powders. The lab report results for Pros Tec were poor. It is distributed by Health Advantage of Carmel, NY . These hard tablets seem very over-priced for the benefits they would deliver. Men who have commented about this product in survey sheets were not very impressed. Their other prostate product T-Pros Ultra also performed poorly. These products are sold over the very “medical-sounding” website – www.healthmd.com, yet the actual benefits you would get using this pills, will be far less than you imagine.



Grade C

Prosvent– Maybe you have seen the half-hour television infomercial for this product featuring UCLA educated physician Dr. Larry May. The show or commercials does a terrific job of explaining how important it is for men to be proactive in caring for their prostate in order to eliminate or at least minimize future problems, and offering help in the form of the Prostavent pills to men currently suffering. The formula contains all the key ingredients: saw palmetto, pygeum, Vitamin D&E, Zinc, Selenium and Pumpkin Seed Oil as well as lycopene. Laboratory tests score was only average. Nowhere near the high scores of Prostavar or some of the other super elite products, but certainly decent enough to help some men with mild prostate enlargement. Only complaint about Prosvent is that it costs \$79 a bottle. The high price might be necessary because of the high cost of purchasing the TV infomercial spots. Bottom line is this is a decent product. Grade C



Grade A+

Prostavar – Out of all the products we have evaluated, this was the clear choice as the premier prostate product on the market today. Manufactured by Superbalife International, it produced laboratory results that practically made our eyes pop out! Across the board it performed at the highest level. The company attributes the success and effectiveness (of what they call their new and strongest-ever version of Prostostavar) to a processing technique called "Supercritical Extraction." This technique delivers a superior quality extract that is highly concentrated with incredible purity. This is very difficult to do with some of the natural compounds in Prostavar because of their "gummy" texture which makes it difficult and extremely time consuming to produce, but the results and craftsmanship speak for themselves (See their attached lab report). The most impressive piece of data we found was that the total number of Sterols in each dose is 159mg. No other product came close. In our nationwide survey it was identified in overwhelming fashion as the most popular prostate pill. We were flooded with jaw-dropping stories from men and their wives praising how much Prostavar has changed their lives. This product is the Tiger Woods or Mickey Mantle of prostate pills, and we want to congratulate Superbalife International for having created Prostavar, our clear choice as 2010 PRODUCT OF THE YEAR!



Grade C-

Provelex Plus – The suggested daily dosage is to take 3 tablets twice a day – that’s six pills a day. They give you 180 tablets and it appears to be a marketing gimmick. One sign, right off the bat, that this product will come up short is the 50mg's of Pygeum per three tablets are from a powder NOT an extract. It came as no surprise to us when the laboratory analysis revealed below average test scores. Manufactured by Merazon Health Products of Seattle, who received a serious FDA Citation in February 2005 from Office Director Joseph R. Baca for their product Immune Guard after making false claims about its ability to cure the common cold and flu. They were also the subject of an expose on Quackwatch an organization that monitors the natural health industry. Provelex Plus seems like another over-hyped product.



Grade D

Prulato – The man who created this product is currently serving 25 years in federal prison for claims he made about the product Enzyte- a pill that – get this – is supposed to make a mans penis longer! Needless to say, it came as no surprise that Prulato does not live up to its claims and promises. While the packaging and promotions for this product might be the fanciest of any product we have seen – it is completely worthless. All that matters to us and YOU are lab reports and feedback from “real men” using the product. In the case of Prulato the lab results were poor and as for testimonials from men – we couldn’t find any! At \$59.95 a month it’s too high for something of this quality.



Grade F

The Prostate Formula from Real Health Laboratories – The laboratory analysis for this product is here in the book for you to see and the results are shockingly poor! We tested three separate batches and all three individual results concurred that the product contained ZERO active ingredients in any of the major categories. That’s ZERO. You can walk into just about any major drug store chain and find this well packaged, attractive, seemingly high quality product from this San Diego based company which boasts that it is “Doctor Developed and Trusted since 1994”. The box also has a logo that states “Laboratory Quality Tested” in big letters right on the front – you never really know until you test it. You can’t hide in the lab. The label states that it contains “powders” and not “extracts” – and the results speak for themselves. Many men have written stating that they tried this product and were very disappointed having seen virtually zero results.



Grade C

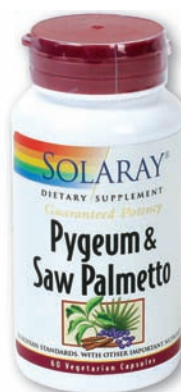
Royal Forte Prostate – These pills finish in the middle of the pack as a result of their formulation and due to the results of the laboratory tests. Developed by Wonder Laboratories of White House, TN, these capsules do not contain the highest grade ingredients. Example: the Saw Palmetto extract yields between 44% to 55% sterols. Compare that with the 85% you find in top shelf products. The Pygeum used is a powdered bark NOT an extract. Has nice levels of vitamins D3 and E, as well as Zinc and copper. A one-month supply is under \$50. At the end of the day this product is average. Grade C

Product Reviews



Grade C

Schiff Prostate Health – This is a low-priced product from one of the oldest supplement companies in the country. It is a “staple item” in virtually every drugstore in America – too bad it tested so poorly. See the lab report in our lab results section. With a one month supply selling for under \$19 it is virtually impossible for their product to contain high levels of the ingredients that really work! This product is like going to McDonald’s - cheap and easy to get but not the most nutritious. For example, the product contains 42mg of free fatty acids, compare that to the 286mg of free fatty acids recorded by Solaray Pygeum & Saw Palmetto and it’s not impressive.



Grade B

Solaray Pygeum & Saw Palmetto – Solaray began manufacturing and selling herbal products in 1973, originally as a pioneer in formulating and marketing blended herbal products that contain two or more herbs with complementary effects. This product utilizes pygeum bark extract and wild saw palmetto berry that provide the European recommended consumption levels. This formula is complemented with zinc, vitamin B-6, pumpkin seed and amino acids. In the laboratory, it performed well posting a total Free Fatty Acid score of 286mg. The lab analysis is contained in the guide. Out of all the big name companies (those with a product line of more than 50 products) Solaray scored the best. While this is a good product, it is still several levels away from the super elite products. While it had two good scores the product is not as comprehensive as it needs to be to provide fast relief. Great company, good product.



Grade C-

Super Prostate Formula – This fine product has been on the market for a number of years and has generated luke-warm survey responses. Some men swear by it while many others say it did not help them at all. Looking at the formula and lab reports is clear that it has an impressive amount of sterols and free fatty acids in it. Overall it is too one-dimensional since other key ingredients are not present. It is very similar to Super Beta Prostate, however Super Beta Prostate has higher levels of sterols and free fatty acids. Dr. Michael Telitsky is the doctor who stars in this company’s infomercial, and does a nice job explaining why prostate supplementation is important. Good solid product that can help you.



Grade B

Super Beta Prostate – The heavily advertised product from New Vitality of New York is one of the better products we have tested! It made it to our prestigious Top 5, finishing at number 4, because of its extremely high levels of sterols and free fatty acids. Designed by chemist Roger Mason, SBP, contains 1,040mg per serving of total sterols and 46mg of free fatty acids. While these levels are both extremely high, it almost seems like over kill. It would have been better if these levels were lower and they included other important compounds as well. Many survey sheets said this formula did not work for them. This is most likely attributed to the fact that not all men have the same prostate problems and while sterols and free fatty acids are certainly important – other compounds are also important. Still, an excellent product from a fine company.



Grade F

Urinozinc Prostate Wellness – This prostate formula from the Vitamery company out of Miami, is widely distributed in most major chain store pharmacies. Their box claims it to be a "patented formula" and a silver emblem proudly blares "Formulated by Doctors." Well the doctors must have been drunk when they formulated this because the laboratory report, shows that it contains Zero Free Fatty Acids, Zero Sterols, ZERO Icaritin, and ZERO Quercetin and only 1mg total Polyphenolics. (see attached lab report). This is practically criminal! Imagine if you have been spending your money on this product thinking it is helping you and now thanks to unbiased lab reports, you can see that this product is a rip-off! Compare this score to those of Prostavar, or Prost Rx or Solaray's prostate product and it's comical, like comparing a bicycle to a Rolls Royce. Very disappointing.



Grade A

Vasotrex – Our choice as the number two prostate pill in the land! Dartford Kent Nutraceuticals has produced a distinctive blue tablet formula that is chock full the key ingredients necessary to shrink an enlarged prostate and reduce pain. Survey sheet comments were kind as well. While its laboratory scores were not as strong as those of the top-rated Prostavar, they are better than all others we have tested. High marks for Free Fatty Acids, Quercetin, and over 100mg of total sterols! The only draw back here for some men is the high price they charge. A one-month supply of a 60-pill bottle is \$89 a month. The company likes to say they are the Rolls Royce of prostate pills. At that price they are correct. Though no one likes to put a price on health, and some would pay almost anything to be able to sleep through the night, \$89 does seem to be a steep price for all those not on the Forbes 400. Despite the high price and aura of arrogance from the company, their product is excellent and can help men shrink their prostate and relieve other prostate problems as well. **GRADE A**

7 Steps To A Heal

Pretend for a moment that you lived in an ideal world where you had all the time and money you needed to take care of your prostate. What would your game plan look like? Most of us don't live in that world, so using our best Bill Walsh, Bill Belichick and Tom Landry gameplan we have laid out our 7-point strategy that science and researchers indicate might be the best way to make your prostate bullet-proof. For life-long prostate health, this simple strategy should be your best offense and defense!

1

Eat Healthy – Fruits, Vegetables, Fish, ... And Avoid Fatty Foods



A diet high in fruits and vegetables has been linked to a lower risk of all kinds of cancer. Research is cloudy as to why or how compounds in fruit and vegetables may help, but prostate cancer rates are highest in countries where diets have high saturated fat content. So don't stop eating fruits and vegetables! The fresher the better. Eat foods rich in omega-3 fatty acids such as mackerel, herring and salmon (basically any oily fish). Research suggests that diets rich in omega-3s lower the risks of all types

2

Exercise Daily

Go for a walk and get out and do something. Don't be a couch potato! And don't get heavy. Overweight men have a 25% greater chance of developing prostate cancer. There may be no current evidence that links exercise with a lower risk of prostate cancer. But there is evidence that links exercise to better prostate health. Prostate cancer has been tied to obesity possibly because cancerous prostate cells are fueled particularly well by fat. Exercise improves overall physical and mental well-being. So many doctors endorse getting at LEAST 30 minutes of exercise per week. Other doctors advise you to do what feels good for your body. So if you need to exercise more, then exercise more. Studies indicate that regular exercise increases the flow of oxygen to the soft tissues of the body and helps to stabilize glucose levels in the bloodstream. For high glucose levels may fuel prostate cancer cells, much in the same way that fat cells seem to.



3

Have 35-50g of Soy Protein Every Day



Have 35-50g of soy protein every day. Study after study seems to show that diet is one of the major factors in relation with prostate cancer. Prostate cancer incidences and mortality rates in Asian countries are much lower than in the United States. And research suggests that one reason for this may be the high soy content in the Asian diet. In a study published in October of 2004 by the Urological Sciences Research Foundation stated that when Japanese men move to the United States and adopt a Western lifestyle, their cancer rates sky-rocket. According to many published journals, including the International Journal of Cancer, regular consumption of soy-protein-containing foods and beverages may reduce the risk of prostate cancer in men by as much as 30 percent. Bottom line: soy is great for your prostate, eat it in bulk!

thy Prostate



4

Visit your Doctor Regularly & Know The Facts

No one wants to go see a doctor, especially for a prostate exam! Senator Bob Dole summed it up recently. "Either because of fear of embarrassment or whatever, they won't see their doctor," Dole said in a speech at the American Urological Association's annual meeting in May. "And its not fair to their wife or children or their job or their community if they dont see their doctor," he added. Also, keep yourself educated with regular visits to the website www.prostatecancerfoundation.org, and seek out prostate information from other sources. You will have up-to-date information on the most recent studies and the latest products available to help you avoid prostate problems. As the adage goes: The best offense is a good defense!



5

Take Prostavar

Having the ability to care for your prostate with supplements is an opportunity you must take advantage of. Like Einstein once said, "What is the point of reading the world's greatest books? If you dont put their lessons to use, you are then no different from the illiterate man who has not read them." Men rave about how well Prostavar works, and science has confirmed it. Prostavar will take care of current symptoms and is a smart proactive decision for men who have little or no signs of prostate problems. It is the most intelligently-designed and potent prostate supplement available on the market and should be taken daily.



6

Have More Sex

Easier said than done, right? But it's the actual ejaculation that benefits you, rather than the actual act of having sex. Researchers say it's the ejaculation—not sex—that protects the prostate. In fact, a recent Australian study showed masturbating three or more times a week offered the same amount of prostate defense. "Seminal fluid contains substances that are carcinogenic," says Graham Giles, PhD, the lead study author. "Regular ejaculation flushes out these cancer-forming toxins from your prostate."



7

Go Easy On The Booze

Aside from feeling lousy all the time, drinking too much alcohol will pile on the calories and put pressure on your organs to deal with more toxins. If you are going to drink, the best alcohol to have is red wine. It has become overwhelmingly apparent that an ingredient found in red wine, called resveratrol, is extremely beneficial to virtually all aspects of your health including your prostate. It is recommended that you drink one or two glasses of red wine per day. Another proponent of red wine is fitness guru Jack Lalanne. His basic health philosophy is this: exercise every day, eat nothing that is man-made, and drink one to two glasses of red wine a day. At 94 and still going strong, he may be right. For he has virtually zero prostate problems!



Lab Reports Don't Lie!

Vitamins, herbs, and other supplements are not regularly tested by any government organization. The natural supplement industry is exploding doing, over 5 billion in sales last year as more and more people realize just how affective well-designed and well-manufactured supplements can make a difference in their lives. With so much money at stake and very little regulation, some companies try to get an advantage in the price wars by "short-changing" the consumer on the actual ingredients in their product. The only way to find out how good a product is, is to subject it to the most accurate state-of-the-art testing procedures. This way we can provide you with unbiased clinical evidence of which product failed or passed and to what degree. In this special report we have included 5 different reports representing the best rated (Prostavar), the worst rated (Real Health The Prostate Formula) as well as three other national brands to give you an idea of what these reports reveal. Due to space constraints we are not able to publish all of the other reports in this guide. However you can view them on our website at www.prostatepillinsider.com.

Nations Premiere Nutraceutical Testing Facility

Located in Salt Lake City, Utah, San Rafael Chemical Services (SRCS) was established in 1993 under the direction of Ralph Meibos, a 25-year veteran of chromatographic and spectrometric analysis and interpretation. SRCS specializes in HPLC analysis of biological material. For instrumentation, SRCS utilizes Hewlett Packard's 1090 series II/L HPLC and ties into the HP 5989 A - Mass Spectrometer engine when analyzing certain compounds and for method development. They also have the HP 5890 series II Gas Chromatograph for GC/MS determinations, along with other devices. SRCS also provides microbiological services and has licenses from the State of Utah and the United States Department of Justice, and the Drug Enforcement Administration for controlled substances (1-5) Analytical Laboratory. Professional associations include the American Chemical Society (ACS), the American Society for Mass Spectrometry (ASMS) and the Association of Official Analytical Chemists (AOAC).

San Rafael is one of the few labs that utilizes the high-pressure liquid chromatograph (HPLC) method. This type of testing is state-of-the-art, and is more accurate than the often-used DAC86 method (Deutscher Arzneimittel Codex). We also used two other independent laboratories, IBC Labs of Arizona and Atlanta Nutraceutical Laboratory Testing, both of whom also have the same testing equipment as San Rafael.



LAB Reports

What We Tested For And Why:

As you look at the lab reports you will see we tested each product in five different key areas. Each test measures for the “active ingredient” in the category – which is the real accurate indication of how potent the pills really are. For example you might pick up a bottle and see the label states it contains 500mg of Saw Palmetto. It really tells you nothing. You have no way of knowing if it is a powder (weakest form) or if it is an extract. Then even if it is an extract, the potency of extracts varies dramatically –you have no way of knowing. You won’t know unless you use the product and then determine if you can tell if it is helping you, or subject it to laboratory testing.

5 Markers Tested

Quercetin: The latest research out of the Mayo Clinic indicates that Quercetin appears to be the leading natural compound that can be taken to prevent serious prostate problems. Additionally, Quercetin is also an anti-inflammatory which is very effective at reducing a swollen prostate.

Icariin: This is the active ingredient found in Epimedium an herb with a long history that has testosterone mimetic properties with therapeutic value in the management of hypoandrogensim. Hypoandrogensim leads to serious prostate problems and reduced sexual activity and impotence, in addition to causing changes in the biochemical composition of semen. Icariin helps address this aspect of prostate health.

Total Polyphenolics: Flavonoids polyphenolics are flavone-like substances that are usually antioxidants and sometimes anti-inflammatory. Flavonoids scavenge free radicals by forming a stable radical that can react with another flavanoid radical to produce two non-radicals. Flavanoids and resveratrol are present in red wine. The level of Polyphenolics is significant for prostate health as they are shown to keep the prostate healthy and free of toxins that lead to serious prostate problems.

Total Sterols: Numerous scientific studies show that phytosterols are extremely beneficial in treating an enlarged prostate. There are numerous phytosterols, most notably Beta Sitosterol, well known for this. Testing for total sterols, you get an accurate reading of all active sterols in the product. Many products claim to contain 500mg of Beta Sitosterol, this means nothing unless you know what the “active” content is. Lab tests show the accurate amount of this important compound.

Free Fatty Acids: The active ingredients in Saw Palmetto are free fatty acids. Saw Palmetto is the most widely prescribed prostate health supplement by physicians in Europe since it is proven to be beneficial for prostate health, urinary function, improves the function of the bladder and urethra, which might partially account for BPH symptom relief.

See More Lab Reports At
prostatepillinsider.com



Prostavar



GRADE:
A+

**Achieved the
highest lab scores
of any product!**
**No wonder it
works so well!**



SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 795428-4A

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision

Laboratory ID# 795428-4		Lot# HT20162		
Client ID# ProstaVar Rx		Capsule Contents = 0.483 g		
		Serving Size = 1 capsule 3 x daily		
Analyte	mg/g	mg/cap	mg/serving	mg/daily dose
Quercetin	43.4	19.2	19.2	86.6
Icariin	15.7	6.92	6.92	20.8
Total Polyphenolics ¹	72.0	32.2	32.2	96.6
Total Sterols ²	300	139	139	417
Free Fatty Acids ³	240	106	106	318

Note(s): ¹ Flavonoids quantitated against icariin.
² Quantitated against technical grade β sitosterol mixed standard. Reported information should be considered tentative pending confirmation analysis to determine final concentration
³ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.
 This report supersedes any previously generated report with the same set identification number(s).

Laboratory ID# 795428-4		Lot# HT20162		
Client ID# ProstaVar Rx		Capsule Contents = 0.483 g		
		Serving Size = 1 capsule 3 x daily		
Analyte	mg/g	mg/cap	mg/serving	mg/daily dose
Quercetin	43.4	19.2	19.2	86.6
Icariin	15.7	6.92	6.92	20.8
Total Polyphenolics ¹	72.0	32.2	32.2	96.6
Total Sterols ²	300	139	139	417
Free Fatty Acids ³	240	106	106	318

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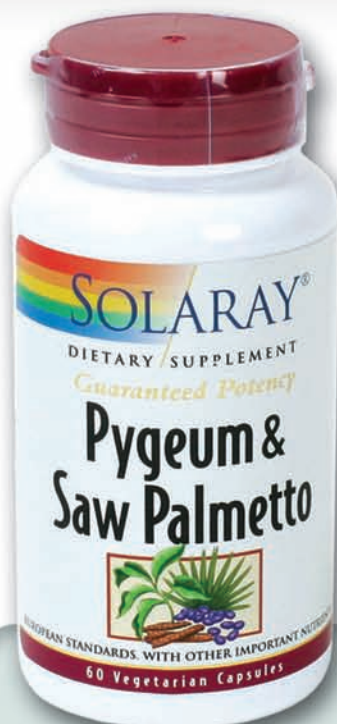
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Prostavar Analysis

A review of this chemical analysis report on Prostavar makes it obvious why it is the highest rated prostate pill, and explains why so many men report great success with their prostate as a result of taking it. The marks are exceptionally high in each category. Not only are the total sterols at 417 and free fatty acids also super high at 318, the most impressive marks are that quercetin at almost 87 (while 99% of the products we tests have none) and icariin at almost 21 (again an area where 99% of products tested scored a 0). Prostavar also recorded the highest total polyphenolics at 96.6. This number is very hard to achieve because of the extraction process needed to produce such a high amount, but is extremely important because this measures the potency of the antioxidant characteristics, which not only help your prostate but also may reduce the risk of cardiovascular problems. Remember these scores are PER DOSE! It has more in ONE DOSE than many of the prostate products have in their entire bottle! Bottom line: record break score. Think: Tiger Woods, Ted Williams, Micky Mantle and Jerry West all rolled into one!

The #1 Prostate Pill Of The Year!

Solaray Pygeum & Saw Palmetto



GRADE:
B

High levels
of free fatty
acids from the
Saw Palmetto
Berry Oil are the
star of this formula.



SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 802048-4

Analytical Results

Reporting results to three significant figures is for statistical evaluation only
and is not intended to be an indication of analytical precision

Laboratory ID#	802048-4	Lot#	101910
Client ID#	Solaray Pygeum & Saw Palmetto	Capsule Contents =	0.715 g
		Serving Size =	4 capsules
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	3.21	2.29	9.17
Total Sterols ⁴	ND. ³	-	-
Free Fatty Acids ⁵	100.	71.5	286.

Note(s): ¹ None Detected. Detection Limit = 0.05 mg/g
² Flavonoids quantitated against icariin.
³ None Detected. Detection Limit = 25.0 mg/g
⁴ Quantitated against technical grade β sitosterol mixed standard. Reported information should be considered tentative pending confirmation analysis to determine final concentration
⁵ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.

Laboratory ID#	802048-4	Lot#	101910
Client ID#	Solaray Pygeum & Saw Palmetto	Capsule Contents =	0.715 g
		Serving Size =	4 capsules
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	3.21	2.29	9.17
Total Sterols ⁴	ND. ³	-	-
Free Fatty Acids ⁵	100.	71.5	286.

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Solaray Pygeum & Saw Palmetto Analysis


This prostate product gets high marks for its 286mg of free fatty acids. While this is an excellent score, the lab results indicate the formula is essentially one dimensional. With zero total sterols, quercetin and icariin and only 9mg total polyphenolics, the rest of the formula needs to be beefed-up. Think: Archie Manning on the New Orleans Saints - a superstar with a lousy surrounding cast doesn't make a champion. Still gets a B because of the excellent free fatty acid score.

Schiff Prostate Health



GRADE:
C

From such a big
name company
we would have
expected
higher marks!


SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 802048-8

Analytical Results

Reporting results to three significant figures is for statistical evaluation only
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Laboratory ID#	802048-8	Lot# S1237A3	
Client ID#	Schiff Prostate Health	Capsule Contents = 0.528 g	
		Serving Size = 2 capsules	

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	ND. ³	-	-
Total Sterols ⁴	ND. ⁵	-	-
Free Fatty Acids ⁶	40.0	21.0	42.0

Note(s): ¹ None Detected. Detection Limit = 0.05 mg/g
² Flavonoids quantitated against icariin.
³ None Detected. Detection Limit = 1.0 mg/g
⁴ Quantitated against technical grade β sitosterol mixed standard. Reported information should be considered tentative pending confirmation analysis to determine final concentration
⁵ None Detected. Detection Limit = 25.0 mg/g
⁶ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.

Laboratory ID#	802048-8	Lot# S1237A3	
Client ID#	Schiff Prostate Health	Capsule Contents = 0.528 g	
		Serving Size = 2 capsules	

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	ND. ³	-	-
Total Sterols ⁴	ND. ⁵	-	-
Free Fatty Acids ⁶	40.0	21.0	42.0

Analyzed *SRCS*
 By

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Schiff Prostate Health Analysis


One of the oldest natural supplement companies, and entering their 70th year in business, we expected higher scores. This was not the case with this low-priced prostate pill. While it does have a decent 42mg of free fatty acids, the rest of the formula is virtually void of the other active extracts that can best help your prostate. Remember, low-priced products can be a waste of money no matter how cheap the price, if they do not have high levels of active ingredients in them. Still the 42mg gets them a "Gentleman's C."

Real Health The Prostate Formula



**GRADE:
F**

Shocking!!! This lab report and others on this same product reveal you can't always trust what is claimed on a product label. This is a ripoff!


**SAN RAFAEL
CHEMICAL SERVICES**

Chemical Analysis Report

Set ID # 802048-3

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision

Laboratory ID#	802048-3	Lot#	404738
Client ID#	Real Health The Prostate Formula	Ave. Wt. Tab. =	1.225 g
		Serving Size =	3 capsules

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	ND. ³	-	-
Total Sterols ⁵	ND. ⁴	-	-
Free Fatty Acids ⁶	ND. ⁴	-	-

Note(s):
¹ None Detected. Detection Limit = 0.05 mg/g
² Flavonoids quantitated against icariin.
³ None Detected. Detection Limit = 1.0 mg/g
⁴ None Detected. Detection Limit = 25.0 mg/g
⁵ Quantitated against technical grade β sitosterol mixed standard. Reported information should be considered tentative pending confirmation analysis to determine final concentration.
⁶ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.

Laboratory ID#	802048-3	Lot#	404738
Client ID#	Real Health The Prostate Formula	Ave. Wt. Tab. =	1.225 g
		Serving Size =	3 capsules

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	ND. ³	-	-
Total Sterols ⁵	ND. ⁴	-	-
Free Fatty Acids ⁶	ND. ⁴	-	-

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The Prostate Formula Analysis


This prostate product from Real Health Laboratories can be summed up in one word: **SHOCKING!** We were absolutely stunned when the tests showed it did not contain one single mg of sterols, free fatty acids, polyphenolics, quercetin or icariin. A goose egg across the board! At first we thought it must be some sort of mistake on the part of the lab, but they assured us there was no mistake. So we tried another bottle from a totally different lot number purchased at a leading national drug store, and it produced the same results! Needless to say, this prostate product is not very good. Seems like a ripoff!

Urinozinc Prostate Wellness



**GRADE:
F**

**Low levels of
key ingredients
make this
pill a loser.**


**SAN RAFAEL
CHEMICAL SERVICES**

Chemical Analysis Report

Set ID # 802048-7

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision



Laboratory ID#	802048-7	Lot#	80231
Client ID#	Urinozinc Prostate Wellness	Capsule Contents =	0.459 g
		Serving Size =	2 capsules

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	1.09	0.500	1.00
Total Sterols ⁴	ND. ³	-	-
Free Fatty Acids ⁵	ND. ³	-	-

Note(s):
¹ None Detected. Detection Limit = 0.05 mg/g
² Flavonoids quantitated against icariin.
³ None Detected. Detection Limit = 25.0 mg/g
⁴ Quantitated against technical grade β sitosterol mixed standard. Reported information should be considered tentative pending confirmation analysis to determine final concentration
⁵ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.

Laboratory ID#	802048-7	Lot#	80231
Client ID#	Urinozinc Prostate Wellness	Capsule Contents =	0.459 g
		Serving Size =	2 capsules

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	1.09	0.500	1.00
Total Sterols ⁴	ND. ³	-	-
Free Fatty Acids ⁵	ND. ³	-	-

Analyzed		Release Authorized	
	By		By

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Urinozinc Prostate Wellness Analysis

Their packaging touts studies from the Journal of the American Medical Association on saw palmetto, but the lab results (which don't lie) show this product has ZERO free fatty acids! Must be filled with worthless saw palmetto powder. They have zinc in their name, yet this product only provides 63% of the Recommended Daily Allowance (RDA) of zinc! Doubtful these prostate pills will provide much support, let alone give you any relief from an enlarged prostate! Disappointing.

Super Beta Prostate



**GRADE:
B**

**Sensational
levels of sterols
that are second
to none!**



SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 802048-2

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision.

Laboratory ID#	802048-2	Lot#	0707201
Client ID#	New Vitality Super Beta Prostate	Capsule Contents =	1.00 g
		Serving Size =	2 capsules

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	9.91	9.91	19.8
Total Sterols ³	520.	520.	1,040.
Free Fatty Acids ⁴	230.	230.	460.

Note(s): ¹ None Detected. Detection Limit = 0.05 mg/g
² Flavonoids quantitated against icariin.
³ Quantitated against technical grade β sitosterol mixed standard. Reported concentration should be considered tentative pending confirmation analysis to determine final concentration.
⁴ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.

Laboratory ID#	802048-2	Lot#	0707201
Client ID#	New Vitality Super Beta Prostate	Capsule Contents =	1.00 g
		Serving Size =	2 capsules

Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	9.91	9.91	19.8
Total Sterols ³	520.	520.	1,040.
Free Fatty Acids ⁴	230.	230.	460.

Analyzed DA Release Authorized DA 4-7-08
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Super Beta Prostate Analysis

The sterol mark here is literally off the charts it is so high! Over 1,000mg is almost too much. The formula is focused on beta sitosterols and that is evident here. Unfortunately, the rest of the formula is lacking key ingredients as evident by lack of quercetin and Icariin. Like a golfer who can hit a 350 yard drive every time but four putts every hole. Still, the sensational levels of sterols make this formula a winner!

Prostata



SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 811013-3

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision

Laboratory ID# 811013-3		Lot# T8E053	
Client ID# Prostata®		Serving Size = 1 capsule	
Capsule contents = 0.755 g			
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	ND. ¹	-	-
β-Sitosterol	ND. ³	-	-
Total Phytosterols ⁴	ND. ³	-	-
Free Fatty Acids ⁵	ND. ³	-	-

Note(s): ¹ None Detected. Detection Limit = 0.10 mg/g per compound.
² Flavonoids quantitated against icariin.
³ None Detected. Detection Limit = 1.0 mg/g per compound.
⁴ Quantitated against technical grade β sitosterol.
⁵ Quantitated against palmitic acid. Includes fatty acid methyl esters and possibly other fat soluble sample constituents.

Laboratory ID# 811013-3		Lot# T8E053	
Client ID# Prostata®		Serving Size = 1 capsule	
Capsule contents = 0.755 g			
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	ND. ¹	-	-
β-Sitosterol	ND. ³	-	-
Total Phytosterols ⁴	ND. ³	-	-
Free Fatty Acids ⁵	ND. ³	-	-

Analyzed DA Release Authorized DA 4-7-08
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GRADE:
F

**Zeroes across
the board make
this product a
dud!**

Prostata Analysis

This heavily advertised and overly hyped product has allegedly sold over 10 million bottles. Too bad it wasn't a better product. These lab reports are shocking. They reveal virtually ZERO levels of any of the key ingredients necessary to have a good product. If you have used this product as many men have – it probably didn't do much of anything for you. Very disappointing product.

Prosvent



GRADE:
C+

The only Prostate product with its own TV show, only gets slightly above average marks.



SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 812030-1

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision

Laboratory ID#	812030-1	Lot#	L5478
Client ID#	prosvent®		
	Capsule Contents = 0.697 g	Serving Size = 1 gel cap	
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Flavonoids ²	5.51	3.84	3.84
β-Sitosterol	4.91	3.42	3.42
Total Phytosterols ³	9.48	6.61	6.61
Free Fatty Acids ⁴	135.	94.0	94.0

Note(s): ¹ None Detected. Detection Limit = 0.1 mg/g per compound
² Flavonoids quantitated against icariin.
³ Quantitated against technical grade β sitosterol.
⁴ Quantitated against oleic acid. Includes fatty acid methyl esters and possibly other fat soluble sample constituents.

Laboratory ID#	812030-1	Lot#	L5478
Client ID#	prosvent®		
	Capsule Contents = 0.697 g	Serving Size = 1 gel cap	
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Flavonoids ²	5.51	3.84	3.84
β-Sitosterol	4.91	3.42	3.42
Total Phytosterols ³	9.48	6.61	6.61
Free Fatty Acids ⁴	135.	94.0	94.0

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Prosvent Analysis

If you have seen the TV Infomercial you know this product is cleverly marketed. The TV Show is very informative – but the product does not live up to the hype. This lab report shows low levels of Sitosterols, phytosterols, and flavonoids and zero levels of quercetin and Icariin. The star of the formula is the very good levels of Free Fatty Acids. 94mg is a very good mark and enough to make this product a little better than most.

Super Prostate Formula



**GRADE:
B**

**Good levels of
Sterols make
this product a
winner.**



SAN RAFAEL
CHEMICAL SERVICES

Chemical Analysis Report

Set ID # 802048-6

Analytical Results

Reporting results to three significant figures is for statistical evaluation only and is not intended to be an indication of analytical precision

Laboratory ID#	802048-6	Lot#	6021560H
Client ID#	Physicians Choice Super Prostate Formula	Ave. Wt. Tab.	= 1.020 g
		Serving Size	= 4 capsules
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	1.31	1.34	5.34
Total Sterols ⁴	100.	102.	408.
Free Fatty Acids ⁵	100.	102.	408.

Note(s):

- ¹ None Detected. Detection Limit = 0.05 mg/g
- ² Flavonoids quantitated against icariin.
- ³ None Detected. Detection Limit = 25.0 mg/g
- ⁴ Quantitated against technical grade β sitosterol mixed standard. Reported information should be considered tentative pending confirmation analysis to determine final concentration
- ⁵ Quantitated against palmitic acid. Reported concentration to be considered tentative pending confirmation analysis to determine final concentration.

Laboratory ID#	802048-6	Lot#	6021560H
Client ID#	Physicians Choice Super Prostate Formula	Ave. Wt. Tab.	= 1.020 g
		Serving Size	= 4 capsules
Analyte	mg/g	mg/cap	mg/serving
Quercetin	ND. ¹	-	-
Icariin	ND. ¹	-	-
Total Polyphenolics ²	1.31	1.34	5.34
Total Sterols ⁴	100.	102.	408.
Free Fatty Acids ⁵	100.	102.	408.

Analyzed Release Authorized 4-7-08
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Super Prostate Formula Analysis

Like the higher rated Super Beta Prostate, this product is centered around high levels of beta sitosterol. This is what give it such impressive scores in both Free Fatty Acid levels and total sterols. This lab report shows it is to be approximately half potent as Super Beta Prostate. However, the identical scores of 408mg for both total sterols and Free Fatty Acids is fantastic. In fact these levels actually seem too high. The rest of the formula is average. Still a well manufactured product that can help many men.

What About Sex?

How To Bring Back The Magic!

As you may have discovered your sexual ability is effected to varying degrees as a result of prostate problems. This ranges from softer erections to not being able to get it up at all. One of the most frequently asked questions we get is about sex pills. Obviously you want to keep your prostate healthy for a number of reasons and the ability to continue or resume having sex is high on the list!



Over 30 million prescriptions for Viagra, Levitra, and Cialis are being written a year, with most being for Viagra and Cialis. Levitra is really just a slightly different version of Viagra - but less powerful. Most men don't know this. Cialis operates on a totally different modality than Viagra- and is a pill many men prefer over Viagra. Both work for most men, but a big misconception is that Viagra and Cialis work for ALL men. Not the case. They work for about 70% of all men.

More and more men are turning to natural sex pills looking for one that really works for two main reasons: 1) fear of the long term side effects of taking synthetic pharmaceutical drugs like a Viagra and Cialis, and 2) they could find something natural that works better for them health-wise, it's safer and could cost less price- wise than a prescription drug. There are over 275 natural sex pills on the market and the one that is the best is called Zyrexin.



Sold at these fine retailers:

Walmart 
Save money. Live better.

CVS
pharmacy

GNC LiveWell.

It works on demand- just take 1 or 2 pills 45 minutes before sex and it's Game-Time! It works the first time and every time you use it. Plus it is very inexpensive. You can get it at Walmart, CVS and most GNC stores for under \$20 a bottle. You do not need a prescription to get it.

Zyrexin is sold in the vitamin and supplement section of these national stores. Be aware of similar sounding names, and make sure you try the real Zyrexin, it should be just what you are looking for.



Pharmaceuticals

There is no question that the four leading prescription drugs for prostate problems (Avodart, Flomax, Proscar and Cardura) can and do help many men who are suffering from prostate problems. But they certainly do not work for all men, and there is a growing concern and fear among men about the side effects reported with these drugs. Here are the most common side effects listed with each of these.

Documented Side Effects of Cardura:

- Dizziness
- Tiredness (fatigue) or a general ill feeling (malaise)
- Sleepiness or drowsiness
- Swelling or water weight gain (edema)
- Difficulty breathing (dyspnea)
- Low blood pressure (hypotension)

Documented Side Effects of Proscar:

- Erectile dysfunction (ED) or impotence – in up to 18.5 percent of people
- Decreased libido (sex drive) – up to 10 percent
- Abnormal ejaculation, including decreased ejaculate amount – up to 7.2 percent
- Breast enlargement – up to 2.2 percent

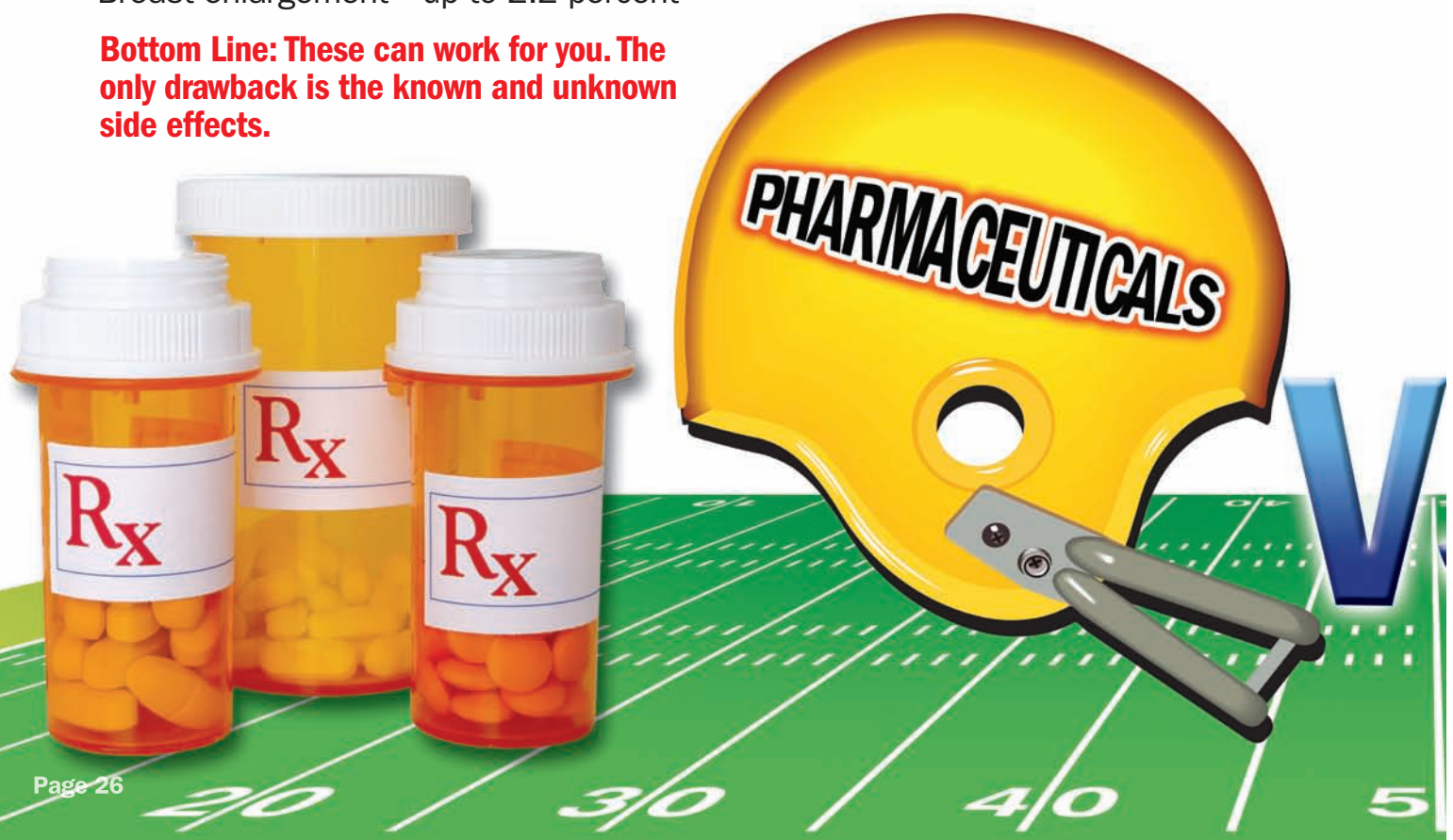
Documented Side Effects of Avodart:

- Impotence
- Decrease in libido
- Swelling or tenderness of the breast
- Decrease in the amount of semen released during sex

Documented Side Effects of Flomax:

- Abnormal ejaculation
- Runny or stuffy nose
- Dizziness
- Infections, including the common cold or flu
- General body pain
- Back pain • Diarrhea • Sore throat

Bottom Line: These can work for you. The only drawback is the known and unknown side effects.



VS Natural Pills

The natural prostate pill market has literally exploded in the last five years in America as men become more aware of these natural pills and how well they work. One of the main reasons for this awareness is that men in America are being educated to the fact that in Europe natural pills are prescribed more often than pharmaceutical drugs. Knowing that drugs are NOT the only answer, combined with the numerous high-profile medical centers, and universities, and the large number of famous American celebrities singing the praises of these pills, has led to an explosion in their popularity. Let's look at what natural pills have to offer:

- Safe And Natural - From Mother Nature
- No Side Effects
- No Dangerous Chemicals In Your Body
- Smart Pro-Active Preventive Choice For Men With No Prostate Problems
- Relieve Urgency, Pain And Pressure
- Reverse Enlargement Naturally And Safely
- Sleep Through The Night
- Halt The Dribbling
- Avoid The Stop And Start - Urinate Like A Race Horse
- In Europe Natural Pills Are Used More Than Drugs!
- Be A Real Man Again!
- Urinate Less Often
- Stop DHT From Ruining Your Prostate
- Avoid The "Roto-Rooter" Surgery
- End Sexual Frustration

Bottom Line: Natural pills work and are a much smarter first step than drugs. You can always go to drugs if natural pills don't work for you. But trying natural pills first may be one of the best things that ever happened to you.



Join The Thousands of Men Who Prostate, Sleeping Through the Their Prostate Problems Thanks

Real Men Real Stories

The top supplements really work – it is that simple. Here are some of the survey sheet responses and excerpts from letters that have been sent to us by men who have read our guide. We have gotten thousands of responses! The next few pages are some examples. If you have any question about whether these pills can work for you, or whether our information can change your life - just read these real life success stories.

I Cried Tears of Joy On My Third Night.

For over two years I was getting up a minimum of four times a night to go to the bathroom. It was a nightmare. I was never rested, I felt lousy, my wife got no sleep, and it depressed me to no end. My doctor had prescribed Flomax and **Avodart** and I even used **Cardura** for a short time and none of these pills did anything for me. I starting taking **Prostavat** after reading your report and within about 5 weeks I slept though the night without getting up. At first I thought it was a fluke, but the next night I slept all the way through again. When I slept through the third night that's when it hit me – that I had finally found the answer. I couldn't control myself, I cried tears of happiness - and I never cry. It was very emotional for me. Now I sleep through every night and its because of your book and **Prostavat**.

I Feel Like A Real Man Again!

The hardest part of having prostate problems was the feeling that I wasn't a real man anymore. I couldn't have sex, I was wetting myself, I couldn't sit through a movie, play a round of golf or do anything without going to a men's room constantly. I felt old, worthless and less than a real man. It was tough for me physically, and very, very tough on me emotionally. Since I started taking **Prostavat** everything has changed. In less than two months I am back to being my old self. I'm not 100%, but I am pretty close. I used to study financial reports looking for information that would give me a winning stock, and this information I found at the newsstand in your magazine has been like getting secret inside information. Keep up the good work.

My Doctor's Ignorance Almost Cost Me My Life!

My urologist said he thought natural supplements only played a limited role in helping keep the prostate healthy. He said it could help but that the benefits would most likely be minor. He is a moron. That's right, a complete moron. I took **Flomax** and got headaches that would not go away. It did not even stop the burning or

Prostate Survey

1. Have you had prostate surgery? ☐ Yes ☐ No
 2. At what age did you first notice "prostate problems"? _____
 3. Have prostate problems affected to your sex life? ☐ Yes ☐ No
 4. Have you ever had a PSA test? ☐ Yes ☐ No
 5. Have you ever tried any prescription medication for your prostate? ☐ Yes ☐ No If yes which ones? _____
 6. Which prescription medications for prostate relief worked for you? which did NOT work for you? _____
- Have you tried any natural supplements for prostate relief? ☐ Yes ☐ No If yes which ones? _____
7. Have any of these natural supplements worked for you? ☐ Yes ☐ No If yes which ones? _____
 8. Are you currently taking any natural prostate supplements to help prevent future prostate problems? If so which ones? _____

You can download
a copy of our
survey sheet at;
www.prostatepillinsider.com

Are Shrinking Their Enlarged Night, and Saying Goodbye To To The Information in Our Guide!

help me get through the night. Then I tried **Proscar** it was even worse. My doctor wanted me to get the “Roto Rooter” operation and I said no. I took **Vasotrex** for 3 months and, I’m telling you it’s like a miracle. I don’t want to say all my prostate problems are over, but I don’t have the burning, the urgency is down dramatically and I sleep through most nights now. And most importantly I have not had my manhood ripped apart by some unnecessary surgery that could literally cost me my life. Let other men know they have nothing to lose by trying **Vasotrex**, but an upside that is hard to put a price on. Not all doctors know what they are talking about – no matter what medical school they went to!

The Headaches Were Worse Than Getting Up At Night!

I know a great deal is made about getting up in the middle of the night – but that wasn’t really my problem. I would get up once maybe twice a night, but I had learned to live with it. My problem was the urgency I felt throughout the day. The prescription drugs I was taking did help alleviate this problem, but the headaches I got from taking these pills were very painful. I started taking **Prost RX** after reading the guide and now I feel great. I don’t get headaches, don’t have the urgency anymore – I feel like I did in my early fifties. I also have a soy protein shake everyday and eat blueberries much more often. Thank you for changing this guys life!

37 Days Is All it Took! Now I Can Play A Round of Golf Again.

No one is more skeptical than me, maybe its years of being a high school algebra teacher and having heard every excuse known to man why homework was not turned etc. I read your book and thought it was a bunch of fancy bull from the **National Health Federation**. But, what caught my eye was that I had tried one of the pills in the book you gave an F rating to, and my experience was the same – it did nothing. So I got a couple of bottles of **Prostavar**, and in 37 days exactly - I felt great. I mean I could have sex again without “issues”, I didn’t have the pain I was used to getting, the discomfort was gone and I was sleeping through the night. At age 66 the prospect of never being able to sleep all the way through the night for the rest of my life was hard to believe, and something I had just come to accept as part of getting older – but I am now a believer. I have turned half a dozen of the guys from my bowling league on to **Prostavar** as well, and want to thank you for getting this desperately needed information out to men. Good job.

I Was Being Ripped Off by My Drugstore.

I have been taking **Schiff Prostate Formula** for over 5 years and was absolutely shocked to see that the laboratory analysis exposed it as a sham. To think that I thought I was being proactive and taking care of my prostate when in reality my efforts were in vain is disturbing. I can assure you, your book has changed my course of action and I thank you. I am now taking **Super Beta Prostate** and am very happy.

I Was Stunned By The Lab Reports. I Realized I Was Getting Swindled!

I have never looked at a lab report in my life. But you don’t have to be a rocket scientist to understand that when a product claims to contain 500mg of an ingredient, and then when the product is tested and the results

Read Why Hall of Fame Athletes, Successful Movie and TV Stars, and Even Politicians, Life Are Using The Information in These

don't confirm the 500mg, but in fact states "None Detected" that it's a form of thievery. I appreciate your lab reports not only in the book but also the reports on your website www.prostatepillinsider.com

Jeannie And I Made Love For The First Time In 6 Years.

I don't know which was worse my prostate problems or not having sex. Granted I wasn't having sex all that often before, but as a result of my seriously enlarged prostate, I had not had any sex in years. In less than 90 days of taking **Vasotrex**, I woke up one day with an erection and made love to my wife Jeannie for the first time in six years. **Viagra** and **Cialis** didn't do anything for me, but taking these prostate pills not only has made me feel so much better – and I mean incredibly better, but I am also able to have sex again! I would urge all men to take **Vasotrex**, to eat healthy, and live clean without smoking.

I Was Sleeping in a Lawn Chair in My Family Room.

I was getting up 8 to 10 times a night. This is not an exaggeration. My life was a nightmare. I didn't even sleep in the bedroom with my wife, I was sleeping in a lawn chair that was set up in the family room right next to our downstairs bathroom. I can't take the prescription prostate pills due to other medical conditions I have that could make taking them fatal. I have tried saw palmetto, pumpkin seed, beta prostate, and every mail order prostate remedy that came to my mailbox. NONE OF THEM WORKED! THEY DID NOTHING!!! I read your magazine and said I would give it one more shot with **Prostav**. It took forever to get the stuff, but it worked! I can't tell you how sincere I am in saying thank you. You have changed my life.

Real Life Rambo Gets His Dignity Back!

As a Viet-Nam veteran I have put my life on the line for this country – and would do it again if asked. I survived a landmine going off 10 feet from me, I was shot at, saw two of my buddies blown away right in front of me, and many other tough situations. I handled all of them no matter how dark the day. But I couldn't handle the indignity that had come with my prostate problems. I have a cane, and many times at night when I get up, by the time I get my cane and make my way down the hall it's too late and I have urinated on myself. I find it pretty damn tough to live with that. I want to thank you for turning me on to the product **Prostav**. It works better than any drug the doctor down at the VA has given me. This one has been like a miracle, and I mean a real miracle. I sleep every night, and I know if I have a lady friend over I won't be humiliated like I have been in the past.

My Wife Thought I was Dead!

For years I have gotten up every night like clock work at 2:15 and at 4:45. This it not only terrible for me but also for my wife as when I get up it also wakes her up as well. I read your book and started taking **Prostav**. In only about 10 days I was sleeping and I didn't wake up at 2:15 and then at 4:45 I didn't wake up so my wife shook me and woke me up. She was crying as she was shaking me and I asked her what was going on and she said she thought I had died in my sleep because I didn't wake up at 2:15 and had slept through the 4:45 time as well. Needless to say we were both relieved I wasn't dead! **Prostav** has changed my life. I never miss a day taking them and I am sleeping through the night every night. My prescription pills didn't do anything but give me chest pains.

Businessmen, War Heroes, Along With Men of All Walks Of Pages To End Their Prostate Problems!

PSA Scores Drop Dramatically

From 5.97 to 4.45

From 4.8 to 1.5

From 4.365. to 1.61

From 39 to 1.94

From 3.7 to .016

From 4.29 to 2.71

From 5.71 to 2.2

From 13.9 to 0.82

From 27 to 1.6

PSA Scores Drop Like a Rock! Dramatic Results in All Age Groups.

We have gotten hundreds, literally hundreds of letters and survey responses from men reporting reduced PSA scores. Here is a cross section of some of the incredible results men have gotten as a direct result of using natural supplements and the healthy lifestyle outlined in the guide. These men range in age from early 50's to late 80's.

His Prostate Was Removed And He was Chasing a Ghost!

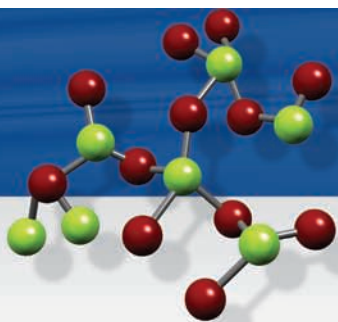
Almost three years ago I had an operation that removed my prostate. This was devastating – but at least I am alive. I read your book with great interest. I have been taking a saw palmetto supplement thinking it was helping me, but I now realize that since my prostate is completely gone, there is no need for any pills as they will not help me re-grow a new prostate as I was lead to believe. I have been chasing something that is never going to happen. Your advice for men to visit their doctor is obvious – but something most men ignore. Please keep hammering home that message and keep up the good work.

National Health Federation Is The Real Deal... Goes Beyond Expectations!

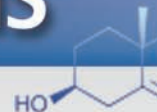
I was so skeptical when I got your book and thought the **National Health Federation** was some made-up phony-baloney group. Boy was I wrong. I was delighted to discover they are the oldest NON-PROFIT health organization in the USA, and they have been fighting against the government and pharmaceutical companies for decades to ensure the health freedoms of everyone in America. I would urge all readers of your book to go beyond the book and visit the website www.thenhf.com and learn about the great work you are doing and to make a donation. The **NHF** are heroes for the work they are doing. Thank you for informing me.

Money Couldn't Buy My Way Out Of Prostate Problems.

The famous billionaire **Kirk Kerkorian** once said to me “you don't have a problem no matter how big, if money can take care of it – but if you have a problem money can't take care of – that's a REAL problem.” I live in Miami, have more millions in the bank than I know what to do with and I would trade them all in and start over if I could get rid of my prostate problems. I have tried every drug, seen every specialist, and yet I still have prostate difficulties I could not get rid of. Then I spent \$5 and read your flimsy little magazine and it changed my life. I bought one of the supplements reviewed in the book and it has worked wonders for me. Accurate knowledge and information is more valuable than money very often and I would encourage you to keep getting this information out to men and doctors and hospitals and to anyone who will listen. You are to be commended on brilliant efforts.



Prostate Compounds



Get Fast Relief, Stop The Suffering, Stop The Nighttime Bathroom Visits. To Shrink the Prostate, and to Reduce Frequency and Urgency, These Natural Compounds Are The Key!

By the age of 50, nearly half of all men already have BPH. And by the age of 80, almost all men have it. As more and more men develop BPH, there is a definite increase in occurrences of prostate cancer. Many European, Central and South American physicians think that there is a relationship between these two conditions – that is why they aggressively treat BPH. Unfortunately, the methods used by most American doctors do not actually affect the process of prostate enlargement. All of their treatment methods, both surgical and pharmacological, are not directed toward restoring prostate health. At best, they attempt to alleviate the miserable symptoms.

For over 30 years, European, Central and South American doctors have effectively used natural substances that have been shown in medical studies to help improve the symptoms of prostate enlargement. These remedies may actually be able to reverse the process and shrink the prostate gland back to its normal size!



Saw Palmetto Extract

Saw Palmetto Extract has been studied extensively for its ability to decrease the size of the prostate gland. In over 60% of patients studied, saw palmetto extract has been successful. Saw palmetto extract produces similar improvements in urinary tract symptoms and urinary flow. It has been shown to trigger fewer adverse events than the powerful pharmaceutical drug, Proscar® (finasteride). Although Saw Palmetto shows great promise in its long-term effectiveness and ability to prevent BPH complications, all saw palmetto products are not identical, and thus will produce different results. Serenoa-Rx™, developed

in Belize by Pharmatech, Ltd., used in Prostavar and ProstRx and Permixon® brand is distributed by Pierre Fabre Medicament in Castres, France. Both of these extracts consist of four major constituents 1) free fatty acids, 2) phytosterols, 3) free fatty alcohols, and 4) monoglycerides. All studies performed on the effectiveness of saw palmetto extract utilized an extract with these four major constituents. When purchasing saw palmetto, look for these components. Saw palmetto extract reduces the amount of dihydrotestosterone (DHT) in prostate tissue, inhibits the binding of DHT to androgen receptors in prostate cells, and exhibits anti-estrogenic action in prostate tissue. Another benefit of the compounds within saw palmetto extract is the ability to reduce the action of Insulin-like growth factor (IGF) on prostate tissue. The action of (IGF) is important for prostate growth and development. Changes in the IGF system have been documented in BPH tissues. Sereona -Rx and Permixon inhibit the 5-alpha-reductase activity of prostate cancer cell lines without interfering with PSA expression. Saw palmetto extract, unlike other 5-alpha-reductase inhibitors, does not inhibit binding between activated AR and the steroid receptor binding consensus in the promoter region of the PSA gene. Therefore, it has been confirmed that there is a therapeutic advantage of saw palmetto extract over other 5-alpha-reductase inhibitors as treatments for prostate cancer. The use of PSA screening measurements has also been found to be a useful biomarker for evaluating tumor progression.



Pygeum Africanum Extract

Pygeum Africanum Extract has demonstrated to be even more effective in maintaining a healthy prostate, with over 70% of patients experiencing a reduction in the prostate size. Pygeum is an evergreen tree found in the mountains of Central and Southern Africa. Its bark, once used as a tea for relief of urinary disorders, has been found to contain not one, but three types of compounds that combat the symptoms of prostate enlargement (benign prostatic hyperplasia). Beta-sitosterol, the most important of the three, interferes with the formation of prostaglandins that cause inflammation and swelling in the

prostate. Pentacyclic terpenes also reduce swelling. Also, ferulic esters combat enlargement by reducing levels of prolactin – a hormone that promotes uptake of growth promoting testosterone in the prostate. Numerous clinical trials have demonstrated pygeum extract to be effective in reducing the symptoms of BPH. See the double blind study below published in Urology. 1999 Sep; 54(3):473-478, to see just how safe and effective pygeum extract is for BPH. For instance, eighty (80%) percent of all prescriptions in France for BPH alone are for pygeum extract.





Muira Puama Extract

Muira Puama Extract is also very beneficial for BPH because of its active constituents, which are long-chain fatty acids, sterols, coumarin, alkaloids, and essential oils. Muira puama extract has a long reputation as a tonic and aphrodisiac, but only recently has its benefits to prostate health come into focus.

Beta-Sitosterol is the Most Significant Discovery in Prostate Health!

Beta-sitosterol has a number of properties that make it uniquely suitable for improving the health of the prostate gland. Some studies have indicated that beta-sitosterol alone may be helpful in combating prostate problems. Beta-sitosterol inhibits the action of the enzyme 5-alpha-reductase, which converts testosterone to DHT. DHT is one of the main contributing factors to BPH. The prostate of an older man has four times the DHT concentration than that of a younger man. In addition, beta-sitosterol also inhibits the enzyme aromatase, which facilitates the production of estradiol. Estradiol levels invariably increase with age. This is considered to be another important factor in the development of BPH. Several studies have proven the benefits of beta-sitosterol on prostate health. The Journal of the American Medical Association published a review of 31 years worth of studies, including 18 different international trials involving 2,939 men. The evidence suggested that standardized amounts of beta-sitosterol and saw palmetto extracts "improve urological symptoms and flow measures." All studies suggest beta-sitosterol is a very useful tool in the treatment of BPH. Stinging nettle extracts are proven to work synergistically with saw palmetto extract in the treatment of BPH.

Supplementation and absorption are paramount for an effective BPH Treatment plan. Zinc has been shown to reduce the size of the prostate and to diminish symptoms in the majority of patients. Amino acids in certain combinations have also proven effective in relieving BPH symptoms. In the majority of users, the combination of the amino acids: glycine, alanine, and glutamic acid have been shown to relieve symptoms, such as feelings of a full bladder. Lycopene is a carotenoid similar to beta-carotene. Lycopene levels in the body tend to decline with age. This is unfortunate, as lycopene is a very powerful antioxidant – twice as effective as beta-carotene and 100 times more effective than vitamin E! Numerous studies have shown that daily intake of lycopene may reduce the risk of cancer by up to 47%. Beta-glucans can help with prostate maintenance, specifically prostate cancer prevention and management. Beta-glucans are found in maitake mushroom extracts. These beta-glucans have demonstrated a cytotoxic effect on prostatic cancer cells, which led to apoptosis, or cell death.

Quercetin is a very powerful antioxidant that has been proven to help BPH. This also holds true for saw palmetto extract and pygeum extract. Quercetin also relieves pain and other symptoms in men with prostate problems. Preliminary reports indicate quercetin may inhibit growth of the cells that damage the prostate. Soy isoflavones are associated with lowering the risk of prostate cancer. Much of this protection is due to the isoflavonoids genistein and daidzein, the phytoestrogens of soy. Obviously, this action has many benefits in the treatment of BPH. Pumpkin seed extract is less effective than other phytopharmaceuticals for relieving symptoms of BPH, but can be used synergistically in a formula for prostate health.

These Compounds Are Popular Around the World!



Smart Prostate

A Look At Products And Resources To Get Relief

Product of The Year!

Many Men Call It The "Magic Bullet" it Works So Well!
And Science & Lab Reports Validate This Winner!!



**Product
of The
Year!**

The highest-rated product from our entire review is Superbalife's Prostavar. This dynamic formulation combines a highly effective combination of super potent extracts to make a prostate pill that is second to none. We have reviewed some great products, but even we were a little taken aback at how well Prostavar performed in laboratory tests. And we were very moved by the life-changing stories we have read from men taking it. Prostavar is the latest breakthrough in prostate health. It was designed and fortified using only the highest-grade botanicals and extracts on the market.

Prostavar not only dominated the competition in the lab tests—with high marks of quercetin, icariin, polyphenolics, total sterols and free fatty acids—but it is also formulated with stinging nettle extract, soy isoflavones, pumpkin seed extract, maitake mushroom extract, muira puama extract, L-Arginine, L-Glutamine Acid, and L-Glycine. As you can see, Superbalife left nothing to chance, as virtually all known nutrients and botanical extracts are present, in ethical dosages, in this revolutionary product.

In summary, Prostavar is a superbly engineered prostate pill that has the added benefit of also being an ultra-potent cardiovascular compound that is great for your circulatory health. When it comes to state of the art technologies, no other product even comes close. But perhaps the most compelling evidence of Prostavar's superiority is the feedback from actual users. Customer surveys have consistently ranked Prostavar as the No. #1 product by a landslide.

You can get it directly from the company at www.prostavar.com or calling them directly at 1-800-795-4809.

Try Prostavar
1-800-795-4809
or **www.prostavar.com**

Solutions

And To Protect Yourself

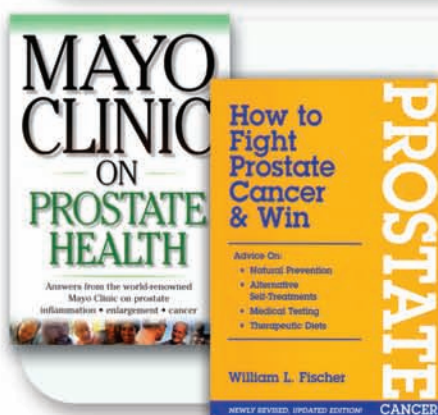


Soy Protein – A True Super Food

Numerous studies have come out to suggest that daily consumption of soy protein can reduce the risk of serious prostate problems by as much as 35%! The key is the active ingredient in soy protein called genistein. Baseball manager Joe Torre, actor Robert DeNiro and golfer Arnold Palmer are among the many well-known celebrities who have a soy protein shake each day. There are many brands of soy protein that are very good. Most natural markets and health food stores carry them. We recommend the brands Jarrow Formulas, Whole Foods, and Solgar. The cost for soy is inexpensive. Try and get 35grams of soy protein every day! It really is emerging as a true super food, with other health benefits as well, including lowering cholesterol, and slowing the development of diabetes. Go get some!

Knowledge Is Power

There are hundreds of Internet websites that provide useful information concerning prostate issues. However there is one organization that clearly stands above the rest. The website www.prostatecancerfoundation.org is a never-ending fountain of great information on serious prostate issues. Founded by Wall Street Titan Mike Milken, he and the organization have taken an approach to helping men with serious prostate problems get the latest information. Their section on nutrition alone is a must-read for every man alive. Make sure you visit this incredible site and read, read, read! It could literally save your life.



Mayo Clinic & Johns Hopkins Books

There are many books on the market on prostate health care, but the two we believe will help the most men are "How to Fight Prostate Cancer and Win" by William Fisher, published through Johns Hopkins Medical Center; and "The Mayo Clinic On Prostate Health." Like the above-mentioned Prostate Cancer Foundation website, these books are definitely worth reading. While these two are the best, there are a few others that merit mention: Dr. Peter Scardino's Prostate book, "Surviving Prostate Cancer Without Surgery" by Michael Dattoli, Jennifer Cash and Don Kaltenbach; and "What Your Doctor May NOT Tell You About Prostate Cancer" by Glenn Bubley and Winifred Conkling.

Home Test Kit

The BIOSAFE Prostate Screen is a laboratory blood test that measures a chemical substance produced by the prostate gland called Prostate Specific Antigen (PSA). Small amounts of this substance can be measured in the bloodstream by the Prostate Screen. The BIOSAFE Prostate Screen provides you with an accurate, convenient, and inexpensive way to discover your own PSA level. Using the special lancet (included in the Kit), a couple of drops of blood are taken from a nick of a finger and deposited onto a special collection card. The card is then sent to BIOSAFE Laboratories for analysis. BIOSAFE tests your blood sample to see how much PSA is present and then mails the results back to you in an easy-to-read report. Call them at 1-888-700-TEST or you can purchase it online from numerous retailers for around \$40.



Questions & Answers

Q: I see in the Prostavar lab report it has 28mg of quercetin, and none of the other products have any. What is quercetin and why do you test for it?

A: Quercetin may be the strongest of nature's anti-inflammatory substances. Numerous studies have shown it effective in treating a wide range of prostate related problems. A recently published study demonstrates quercetin provides long-term relief with zero side effects. Men suffering from an enlarged prostate find the swelling will go down much faster with high levels of quercetin. Undoubtedly, it is one of the key reasons Prostavar is so effective. We test for it because so many men get up multiple times at night to urinate. Quercetin can help stop this. Prostavar works fast: many men report in less than 10 days that they now can sleep through the night.

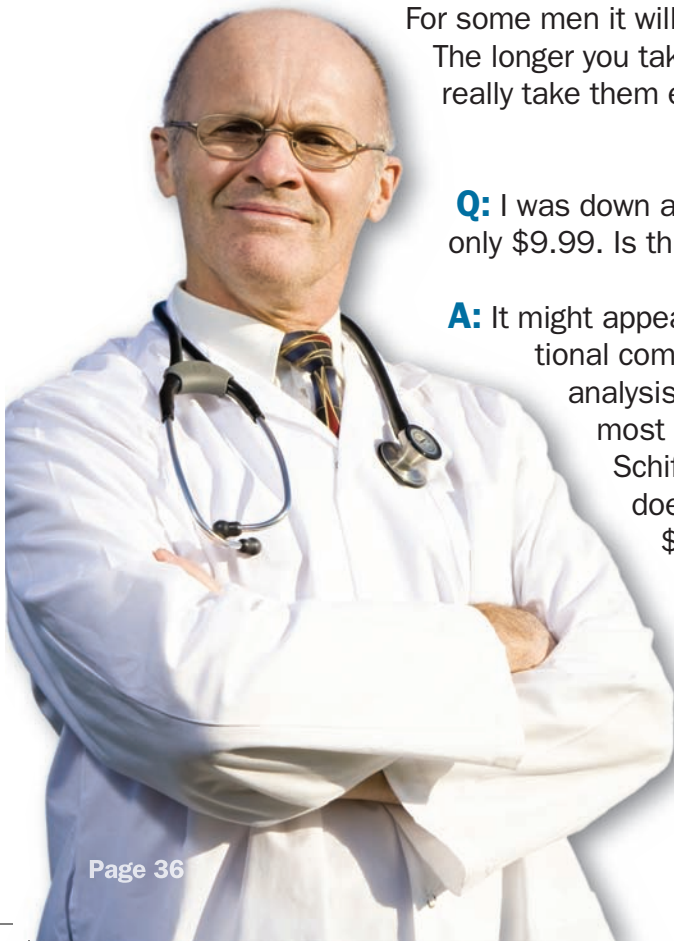


Q: I get up every night at least five times. It has gotten so bad my wife and I don't sleep in the same room anymore. Avodart didn't do anything for me. My doctor recommended I try some of the natural products, but they didn't work. Now that you have identified several that do work, I want to know how long I have to take them to feel the effects?

A: Everyone is different. A man of 45 with minor symptoms might see results in 4 or 5 days, while a man in his 80s with a very enlarged prostate might have to go 30 days for significant improvement before he notices a big change. But men with severe problems also notice big changes pretty quick, say about within two weeks. Sometimes, because their problems are so bad, even a little improvement to their prostate can bring measurable relief pretty quick. But in general, plan on 30 days. For some men it will happen much quicker (3-5 days); with others it takes longer. The longer you take these pills, the healthier your prostate will get. You should really take them every day.

Q: I was down at my drugstore and they are selling Schiff Prostate Health for only \$9.99. Is this a good deal?

A: It might appear to be a good deal because Schiff is such a well-known nutritional company, having been in business 70 years. But the laboratory analysis of this product shows that it is quite deficient in the key areas most important to men's prostate health (see the lab report of the Schiff product in this guide). Just because something is low-priced doesn't mean it is a good deal. What good does it do you to pay \$10 for something that doesn't work? You'll still be in pain, you'll still be getting up at night and looking for bathrooms all day long. But if you paid \$50 and got a product that really worked for you and your prostate problems vanished, sure you are \$40 lighter in the wallet. But your problem is solved! So save money somewhere else. Don't sit in the cheap seats when it comes to your prostate. It is too darn important!





Q: The lab reports you have done are fantastic and opened my eyes. I must say I am a little disappointed that my local health food store hasn't done this. Why don't health food stores conduct lab tests on their products?

A: The answer is simple – money! It costs a lot of money to do High Performance Liquid Chromatography/Mass Spectrometry testing on multiple compounds in each product like we have done. It would cost a health food storeowner half a million dollars to conduct this kind of testing on all the products on his shelves.

Q: My erections are extremely weak. I have tried Viagra, Levitra and Cialis, and they all give me a splitting headache, and Viagra gives me chest pains. I've tried a few herbal pills, and they did nothing. We have heard horror stories that resulted in serious consequences for men taking some pills. Any suggestions?

A: Go down to your local CVS or Rite Aid drugstore or to Wal-Mart, and get a bottle of Zyrexin. It's over-the-counter and sells for under \$20. This stuff is dynamite! Works in less than 1 hour. The key is an herb called *butea superba*, which is a natural PDE VI inhibitor. The stuff is more popular than popcorn at a movie theater. It should work for you.

Q: I was thinking of buying Avodart from a Canadian Internet Pharmacy on their website. I get emails all the time and the price is cheap. Is there a website for prescription pills you recommend?

A: Don't even think of spending 1 penny on any Internet pharmacy. They are all crooked! Not some are crooked. They are all crooked! It is illegal to sell prescription drugs over the Internet for sale into America. Plus, these pills are cheap, they don't contain what they are supposed to contain, and are in fact extremely dangerous! It's like playing Russian Roulette. The operators of these sites are outlaws and could care less about quality control. They get cheap pharmaceutical knockoffs from India and China. We have heard horror stories that resulted in serious consequences for men taking some pills. Over a dozen men we have heard about actually died as a direct result of illegally obtained prescription drugs. Try a good natural supplement first, and you won't even be thinking about these Internet pharmacies.

“We have heard horror stories that resulted in serious consequences for men taking some pills”



Questions & Answers

Q: What is Genistin? I heard it is a pill I should take but my pharmacist never heard of it?

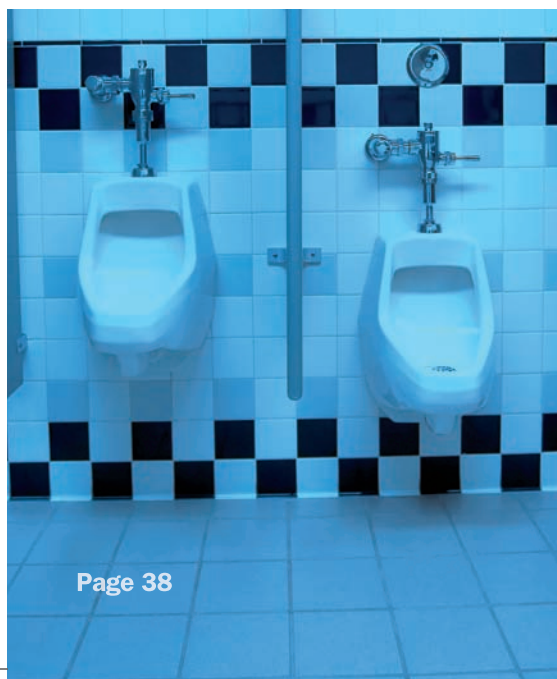
A: Genistin is not a pill. It is an isoflavone found in soy protein. In Japan the daily intake of soy protein is far greater than in America and Western Europe, and the incidents of prostate and colon cancers in Japan are far less. Numerous studies suggest soy protein consumption is very important for prostate health. We agree, and rate taking 35-50mg of soy protein a day as one of the 7 Steps to a Healthy Prostate. Many famous men take soy protein every day. Remember Joe Torre when he was with the Yankees and had prostate problems? He spoke about his daily soy protein shake.



Q: I am 77 years old and don't know what to make of my PSA score. What do you think about the importance of a PSA test?

A: Men age 75 and older should not be screened for prostate cancer. And younger men should discuss the benefits and harms of the prostate-specific antigen (PSA) test with their clinicians before being tested, according to a new recommendation from the U.S. Preventive Services Task Force. The recommendation and accompanying evidence summary appear in the August 5, 2009 issue of the Annals of Internal Medicine.

The Task Force found evidence that screening for prostate cancer provided few health benefits, but led to substantial physical harms and some psychological harms in men age 75 and older. In men younger than 75, the Task Force concluded that current evidence is insufficient to assess the balance of benefits and harms of prostate cancer screening. An estimated 278,890 U.S. men were diagnosed with prostate cancer in 2007, and one in six men will be diagnosed in his lifetime.



Q: I don't have much money to spend on prostate pills. I want to use natural pills rather than prescription drugs that I know have killed a few of my friends. How can I do this?

A: Your best bet is to get on a monthly program. Some companies offer to send you a new supply every month at a discounted rate. Or buy a large supply at once. If you buy a 6- or 12-month supply from a company, you will get a deep discount because you are buying multiple bottles. Plus, you only pay shipping and handling costs one time rather than each time you order.

Q: I heard that several natural pills have been taken off the market because they were laced with dangerous drugs and, in some



instances, have actually killed some men. Can you tell me which products these were?

A: There have been numerous reports like this. First Internet Pharmacies selling prescription drugs should not be taken. They are very dangerous and there have been numerous reports of deaths related to these. On the natural front, the FDA took the herbal pill PC Specs off the market, because it was secretly laced with a prescription drug that could be deadly. Also, there have been numerous recalls by the FDA of herbal sex pills that have been secretly laced with dangerous chemicals and drugs. The products are: Zencore Tabs, Rize2, Aspire 36, and Blue Steel. We have reports of many men being rushed to the hospital after taking these illegal and extremely dangerous pills. Be careful because some of the rouge operators are still selling these pills despite the FDA recall. And these pills could literally kill you.

Q: What about sexual dysfunction and the prostate. Is there any correlation between the two?

A: Yes, absolutely. The incidence of sexual dysfunction in patients suffering from Benign Prostatic Hyperplasia (BPH), or enlarged prostate, is nearly twice as high as treating physicians believe. This was shown in a new survey from the American Foundation for Urologic Diseases (AFUD) presented recently at the American Urological Association annual meeting.

Lower urinary tract symptoms related to an enlarged prostate are also strongly correlated to sexual problems, including Erectile Dysfunction (ED) and Ejaculatory Dysfunction (EjD). In fact, lower urinary tract symptoms are a risk factor for ED independent of other conditions associated with ED, such as diabetes, hypertension, cardiac disease and hyperlipidemia.

Men with severe urinary symptoms report 50% less sexual activity and 33% reduction in overall sexual satisfaction compared to men without severe lower urinary tract symptoms. "We've seen in our practices that the majority of men over age 50 consider an active sex life important," says Dr. Seftel. "Since men with BPH symptoms are already at risk for compromised sexual function, it makes sense to consider sexual side effects when treating urinary symptoms of BPH," he added.

Q: One of the things that scare me about taking prescription Flomax are the side effects. The one that causes the most concern is the side effect listed as abnormal ejaculation. What exactly does abnormal ejaculation mean?

A: There are over a dozen side effects associated with taking Flomax, but the most common side effect is abnormal ejaculation, which occurs in almost 20% of all men who take it. Abnormal ejaculation is a term used to describe several problems with ejaculation. These problems can include: Not



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