

# Prostachron®

*Mixture of well-proven medicinal plant extracts for optimum protection against age-related prostate complaints as well as for alleviating nocturia – formulated on the basis of the latest chronobiological principles.*

## Basic Facts

It is common for the prostate gland to grow in men between the ages of forty and fifty. This growth takes a slow, intermittent course and develops into the most common bladder emptying disturbance of men. Cells in the prostate reproduce more rapidly and the cell tissue enlarges. As the prostate grows larger, it may compress the urethra, which it encircles, and hinder urine flow.

Benign prostatic hyperplasia (BPH) significantly impacts the quality of life. As a rule it is associated with hormonal changes occurring during male menopause (andropause) and involving a drop in male sex hormones, in particular testosterone. As men age, the amount of the growth hormone and of estrogens slowly decreases. High stress levels and certain lifestyle factors account for the symptoms of prostate enlargement to occur even in men younger than 40. The gland, which is the size of a chestnut, begins to grow and may, in rare cases, reach the size of an orange. Prostate enlargement can create a number of urinary problems such as difficult and painful urination, taking a while to get started (hesitancy), a reduction to the force of the urine stream, longer terminal dribbling and frequent urination of small amounts at night.

The prostate (from Greek «one who stands before», «protector», «guardian») is situated below the neck of the bladder, encircling the urethra. It is a compound organ made up of 30 to 50 small glands. They produce a fluid that is secreted into the urethra at the time of ejaculation, accounting for two thirds of the volume of semen. The prostate produces a special antigen (PSA), which has become recognized as a tumor marker for abnormal prostate function. Prostate tissue is lined with countless nerve fibers that are frequently damaged in surgery, which may result in impotence.

The size of the prostate does not always determine how severe the obstruction

or the symptoms will be. Even a small enlargement of the glands may result in severe symptoms. BPH is benign and is not a precursor to prostate cancer. Still it is a progressive, deteriorating disorder that evolves slowly. In a rectal exam a doctor may determine the size of a patient's prostate gland, which is why men from the age of 45 onwards are recommended to get this exam on a regular basis. Patients are divided into three stages:

**Stage 1:** higher frequency in urinating; higher strain on bladder muscles; risk of stones in the bladder

**Stage 2:** the muscular wall of the bladder is no longer strong enough to allow for a complete emptying of the bladder; frequent leakage of urine; urine may back up into and damage the kidneys, infections

**Stage 3:** surgery: removal of obstructing pieces of the prostate gland via the urethra or use of Foley catheter.

The effects of surgery cannot be fully controlled.

## Effects

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

Thanks to great scientific expertise a number of secondary plant substances having a mild hormonal effect are known to have a positive impact on the progression of prostate enlargement.

All over the world scientists have identified more than a dozen of medicinal plants,

spices, medicinal herbs that enhance prostate health. The beginning was made in the middle of the 20th century with fat-soluble extracts obtained from the berries of the saw palmetto (*serenoa repens*) – a natural remedy used by the Mayas and North American Seminole Indians to enhance libido and in case of impotence and prostate inflammation or to treat infertility and painful menstruation in women. The effect of these berries, which were initially used as animal feed, is triggered by mild hormone-like phytosterols.

In 1985 and 1991 a commission on medicinal plants of the German government rec-



ommended pumpkin seed (cucurbita pepo) for the prevention and treatment of BPH. This plant family has been cultivated for 16,000 years. Fewer prostate conditions are known to occur in regions with a tradition of eating dried pumpkin seeds, such as in particular the Balkans, Asia Minor and Ukraine. Nowadays the most valuable phytosubstances contained in this pumpkin are extracted both from its seeds and oils. In 2005 cucurbita pepo was voted Medicinal Plant of the Year.

## Composition

AM capsule (morning)		
	per capsule / daily dose	
Vitamin C	125 mg	250 mg
Vitamin E	45 mg	90 mg
Selenium (Se)	40 mcg	80 mcg
Omega 3 complex (containing EPA 36 mg, DHA 24 mg)	60 mg	120 mg
Coral Calcium®	12,5 mg	25 mg
Herb extracts (pumpkin seed extract, stinging nettle extract, goldenrod extract, asparagus extract, aspen powder)	325 mg	650 mg
Bioperine®	1,25 mg	2,5 mg

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

PM capsule (evening)		
	per capsule / daily dose	
Astaxanthin	2 mg	4 mg
Saw palmetto extract	125 mg	250 mg
Pumpkin seed extract	150 mg	300 mg
Sitosterols	30 mg	60 mg
Omega 3 complex (containing EPA 36 mg, DHA 24 mg)	60 mg	120 mg
Resveratrol	20 mg	40 mg
Coral Calcium®	12,5 mg	25 mg
Bioperine®	1,25 mg	2,5 mg

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

## Dosage

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

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

## Instructions

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

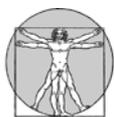
Store in a cool and dry environment, out of reach for children.

### Prostachron® Product Groups

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

-  **Vitamins & Food Supplements**
-  **Chronobiology**
-  **Men's Health**

Manufacturer:



**VitaBasix®**

by LHP Inc.

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

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

### Important information:

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

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

Subject to alterations and printing errors. Version May 2020