**Complete Prostate Health**

- **Prostate Health**
- **Healthy Hormone Balance**
- **Oncology Nutritional Support**

**Clinically shown to support**
- Urinary tract health
- Botanical extracts for enhanced potency and bioactivity
- Excellent safety profile in preclinical and clinical studies

### Supplement Facts

**Serving Size:** 1 Capsule  
**Servings per Container:** 120  

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% DV</th>
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<tbody>
<tr>
<td>Vitamin C</td>
<td>16.7 mg</td>
<td>29%</td>
</tr>
<tr>
<td>Vitamin D-3</td>
<td>83 IU</td>
<td>21%</td>
</tr>
<tr>
<td>Zinc</td>
<td>1.6 mg</td>
<td>11%</td>
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<tr>
<td>Selenium</td>
<td>16.7 mcg</td>
<td>24%</td>
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**Prostate Support Proprietary Blend**
- Turmeric Rhizome Extract (Curcuma longa; BCM-95®), Quercetin, Saw Palmetto Berry (Serenoa repens; 25% fatty acids), Grape Skin Extract (Vitis vinifera), Pomegranate Extract (Punica granatum; 40% ellagic acid), Pumpkin Seed Oil Extract (Cucurbita pepo; 25% fatty acids), Chinese Smlax Rhizome Extract (Smilax glabra), Pygeum Bark Extract (Pyrus africana), Lycopene, Resveratrol, Berberine

**Immune & Hormonal Support Proprietary Blend**
- Stinging Nettle Leaf Extract (Urtica dioica), Alpha Lipoic Acid, Green Tea Leaf (Camellia sinensis 40% EGCG, 95% Phenols, 70% Catechins), Astragalus Root Extract (Astragalus membranaceus), Citrus Bioflavonoid Complex, Eleuther Root Extract (Eleutherococcus senticosus), Job’s Tears Seed Extract (Coix lacryma-jobi), Chinese Golden Thread Rhizome Extract (Coptis chinensis)

**Liver Support Proprietary Blend**
- Broccoli Extract (Brassica oleracea), Skullcap Herb Extract (Scutellaria baicalensis), Chinese Skullcap Root Extract (Scutellaria baicalensis), Dandelion Root Extract (Taraxacum mongolicum)

**Herbally Enhanced Mushroom Proprietary Blend**
- Phellinus linteus, Reishi (Ganoderma lucidum), Coriolus (Trametes versicolor)

**Other Ingredients:** Vegetable capsule (natural vegetable cellulose, water), potato starch, silicon dioxide, magnesium stearate.

### Suggested Use:
As a dietary supplement, take 1 capsule twice daily with food, or as directed by your healthcare practitioner.

**For additional product use, please refer to the Advanced Integrative Protocols.**

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**What is Complete Prostate Health?**

**Complete Prostate Health** is a unique blend of 33 therapeutic botanical compounds, mycelium from botanically enhanced medicinal mushrooms, vitamins, minerals and specialty nutrients.

**How does it support urinary tract health?**

**Complete Prostate Health** has been clinically shown to significantly support urinary tract health in middle-aged and mature men, including men with benign prostatic hypertrophy (BPH) and other prostate conditions. In a retrospective clinical study involving 75 men, daily supplementation (at least 4 capsules per day [2.52g] for at least two months) resulted in clinically relevant and statistically significant improvements in frequency, incomplete bladder emptying, weak stream and straining, based on the clinically validated International Prostate Symptom Score (IPSS) questionnaire. Supplement was well tolerated with no significant side effects reported.

**How does it support hormone balance?**

**Complete Prostate Health** features cruciferous vegetable extract, 3-3 diindolylmethane (DIM) and other bioactive ingredients that promote the removal of excess estrogens and xenoestrogens (potent estrogen-like compounds) for healthy hormone balance and gentle liver detoxification.

**What other benefits does it offer?**

**Complete Prostate Health** has been shown in multiple preclinical studies to promote favorable gene expression that affects both hormone-dependent and, more importantly, hormone-independent prostate unregulated cells. It also supports optimal immune defense with key botanicals, medicinal mushrooms, and essential nutrients such as vitamins C and D, zinc and selenium.

**What preclinical research supports its use?**

In a xenograft model of human prostate cells (PC-3 cells implanted in mice), **Complete Prostate Health** was found to significantly upregulate expression of the CDKN1A (p21) gene and inhibit expression of IGF2, NR2F2 and PLAU (uPA) genes. PC-3 is a highly...
invasive, hormone-independent, human prostate cell line.3

In a cell study, Complete Prostate Health significantly suppressed the proliferation of PC-3 prostate cells in a dose-dependent manner. This action is attributed to modulating expression of CCND1, CDK4, CDKN1A, E2F1, MAPK6 and PCNA genes. Complete Prostate Health supported cellular health by helping to inhibit cell adhesion, cell migration and cell invasion. This was associated with the down-regulation of CAV1, IGF2, NR2F1 and PLAU genes, and suppression of urokinase plasminogen activator (uPA) secretion from PC-3 cells.4

In another preclinical study, Complete Prostate Health suppressed the proliferation of both androgen-independent PC-3 and androgen-dependent LNCaP human prostate cell lines. Changes in cell morphology (shrinkage, elongation and roundup) were observed in both cell lines after 48 hours. After 72 hours, induction of G2/M cell cycle arrest and apoptosis were observed. Moreover, it inhibited AKT and MAPK signal pathways, suggesting it can suppress the progression of both androgen-dependent and -independent conditions.2

How does it work with conventional protocols? Complete Prostate Health is safe to use with conventional protocols. At higher doses, it forms the foundation of a comprehensive holistic program for prostate issues. At lower doses, it offers daily support for prostate health.*

How does it enhance other therapies? Complete Prostate Health has been shown to enhance the beneficial effects of PectaSol-C® Professional Modified Citrus Pectin (MCP) on PC-3 prostate cells. MCP is a known inhibitor of galectin-3 (Gal-3), a β-galactoside binding protein, which is overexpressed in certain conditions including prostate conditions.5

Complete Prostate Health combined with PectaSol-C® Professional Modified Citrus Pectin (MCP) inhibited cell adhesion and migration of PC-3 prostate cells significantly better than MCP alone. This action is attributed to the inhibition of urokinase-type plasminogen activator (uPA) secretion from the cells.

What is its safety profile? Complete Prostate Health has an excellent safety profile in clinical and preclinical studies with no toxicity, serious adverse effects or contraindications reported.1,3

What other products should you use with Complete Prostate Health? PectaSol-C® Professional Modified Citrus Pectin and Men’s Essentials Plus are recommended for complementary use and detailed in our Advanced Integrative Protocols.

Are there any product precautions? Complete Prostate Health has no known adverse effects. The product contains turmeric that, in therapeutic amounts, is not recommended with bile duct obstruction, gallstones, stomach ulcers or hyperacidity.6

What product quality control tests are performed? Complete Prostate Health is manufactured in facilities that meet or exceed current Good Manufacturing Practices (cGMP). Quality control tests are performed at every stage of the process from rigorous raw material testing to finished product testing.

References:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. MIM-050916 This material is being provided to distributors and healthcare professionals; it is not intended to be used in marketing to customers.