



— VEGETARIAN —

COMPREHENSIVE PROSTATE HEALTH

— GLUTEN FREE —

SAW PALMETTO • PYGEUM • NETTLE ROOT
Phytosterols • Zinc • Green Tea • Turmeric

PIONEER® Prostate Health offers a premium blend of clinically-researched ingredients at levels suggested to help provide nutritive support for healthy prostate and urinary function.

It comes with the territory. At least 25% of men in their forties will experience some type of prostate-related difficulty, and these numbers increase with age.¹ Prostate health can have a significant impact on nighttime sleeping and daytime comfort.

Addressing prostate health issues before problems begin may help to preserve the functional integrity of this vital gland. Making informed supplement, dietary and lifestyle choices can help maintain normal prostate and urinary function.

PIONEER® Prostate Health uniquely combines several well-researched herbs and nutrients suggested to help provide nutritive support for prostate health. Clinically-studied forms and amounts of Saw Palmetto and Pygeum, plus additional prostate-supportive phytosterols and cell-protecting antioxidants work together for enhanced synergistic efficacy.

CONSIDER THESE PIONEER® ADVANTAGES:

1. Saw Palmetto Supercritical Extract. Saw Palmetto is a small species of palm native to the Southeastern United States. Saw Palmetto berries contain bioactive phytosterols and fatty acids. PIONEER® provides clinically researched levels (320 mg) of the superior form: an authentic European standardized CO₂ supercritical lipid extract of Saw Palmetto berries. This form has been the subject of multiple double-blind studies to investigate its reputed effects on healthy prostate and urinary function.^{2,3}

2. Pygeum 13% Total Sterols Extract is a top quality extract derived from the bark of the African Cherry tree. Rich in phytosterols and other biologically active compounds, Pygeum is intended to provide nutritive support for normal prostate gland function.⁴ Some research suggests potential enhanced benefits when Pygeum is synergistically combined with Stinging Nettle root, as in this formula.⁵ PIONEER provides clinically-researched levels of superior standardized Pygeum extract. *Note: The Pygeum extract used by PIONEER is obtained from the bark of ecologically harvested trees to help preserve this valuable species.*

3. Stinging Nettle Root in concentrated extract form has been suggested to help provide nutritive support for normal urinary outflow.⁶ Nettle root is known for its usefulness in helping to provide support for healthy immune function.⁷

4. Phytosterol Complex. Phytosterols (beta sitosterol, campesterol, stigmasterol, etc.) are plant fats with numerous health-promoting benefits. Naturally found in the seeds/oily portions of all plants (notably many prostate-supportive herbs), phytosterols alone have been clinically suggested to help provide nutritive support for normal urinary flow.⁸

5. Green Tea, Turmeric & Rosemary Extracts. These three botanicals contain powerful antioxidants that may help combat free radical damage and provide nutritive support for a healthy prostate gland.^{9,10}

6. Vitamin E. This essential fat-soluble antioxidant has a wide range of health benefits. Studies indicate an association between vitamin E supplementation and prostate health.¹¹

7. Antioxidant Minerals: Selenium, Zinc & Copper. SELENIUM is an important trace mineral that works synergistically with vitamin E. Selenium has been suggested to help support the health of prostate tissue, which is naturally rich in ZINC.¹¹ Zinc is a mineral required for immune and reproductive health.¹¹ Zinc and COPPER interact biochemically and must be supplemented together; both are noteworthy antioxidants.

8. Black Pepper Extract. Bioperine®, a highly concentrated extract (95% piperine) of black pepper, is a bioavailability enhancer, suggested to help increase the absorption of several nutrients and herbs such as turmeric.¹²

Serving Size 2 capsules	AMOUNT PER SERVING	%DV
Servings per container 30		
Calories	10	
Calories from Fat	5	
Total Fat	1 g	2%†
Vitamin E (d-alpha tocopherol)(non-GMO)	30 IU	100%
Zinc (1:1 picolinate:glycinate)	10 mg	67%
Selenium (selenomethionine)	75 mcg	107%
Copper (glycinate)	1 mg	50%
Saw Palmetto <i>Serenoa repens</i> Berry Extract (supercritical CO₂ fluid extraction, stand. to 275 mg [85%] fatty acids and sterols) [authentic European extract]	320 mg	*
Pygeum <i>Pygeum africanum</i> Bark Extract (stand. to 13 mg [13%] total sterols) [authentic European extract, ecologically harvested]	100 mg	*
Phytosterol Complex (stand. to 121 mg [97%] total sterols including beta sitosterol, campesterol, stigmasterol and others)	125 mg	*
Stinging Nettle <i>Urtica dioica</i> Root Extract (20:1 concentrate)	300 mg	*
Turmeric <i>Curcuma longa</i> Root Extract (stand. to 128 mg [95%] curcuminoids)	135 mg	*
Green Tea <i>Camellia sinensis</i> Leaf Extract (stand. to 40 mg [40%] EGCG, 90 mg [90%] polyphenols)	100 mg	*
Rosemary <i>Rosmarinus officinalis</i> Leaf Extract (stand. to 1.2 mg [8%] carnosic acid) ..	15 mg	*
Black Pepper <i>Piper nigrum</i> (95% piperine) [Bioperine®]	2 mg	*

† Percent Daily Value based on a 2,000 calorie diet * Daily Value (DV) not established. 1.08

Other ingredients: cellulose (capsule), non-GMO soy oil, beeswax.

NOTE: Some ingredient details may be abbreviated on actual product labels.

BIOPERINE® is a registered trademark of Sabinsa Corp.

For more information or to request additional copies: 800.247.6505
www.pioneer nutritional.com



REFERENCES

1. National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC). Kidney and Urologic Diseases Statistics for the United States. <http://kidney.niddk.nih.gov/kudiseases/pubs/kustats/index.htm>
2. Braeckman J. The Extract of *Serenoa Repens* in the Treatment of Benign Prostatic Hyperplasia - a Multicenter Open Study. *Curr Ther Research* 1994 July; Vol. 55 No. 7: 776-785
3. Champault G, et al. A double-blind trial of an extract of the plant *Serenoa repens* in benign prostatic hyperplasia. *Br J Clin Pharmacol*. 1984 18:461-462
4. Andro MC, Riffaud JP. Pygeum Africanum Extract for the Treatment of Patients with Benign Prostatic Hyperplasia - a Review of 25 years of Published Literature. *Curr Ther Research*. 1995 Aug; Vol 56, No 8: 796-817
5. Krzeski T, et al. Combined Extracts of *Urtica dioica* and *Pygeum africanum* in the Treatment of Benign Prostatic Hyperplasia: Double-Blind Comparison of Two Doses. *Clin Ther*. 1993 Nov-Dec;15(6):1011-20
6. Safarinejad MR. *Urtica dioica* for Treatment of Benign Prostatic Hyperplasia: A Prospective, Randomized, Double-blind, Placebo-Controlled, Crossover Study. *J Herb Pharmacother*. 2005;5(4):1-11
7. Manganelli RE, et al. Antiviral activity in vitro of *Urtica dioica* L., *Parietaria diffusa* M. et K. and *Sambucus nigra* L. *J Ethno-Pharmacol*. 98 (2005): 323-327
8. Berges RR, et al. Randomised, placebo-controlled, double-blind clinical trial of beta-sitosterol in patients with benign prostatic hyperplasia. Beta-sitosterol Study Group. *Lancet*. 1995 Jun 17;345(8964): 1529-32
9. Vaqar M, et al. Molecular targets for green tea in prostate cancer prevention. *Amer Soc Nutr Sci*. 2003 2417S-2424S
10. Leal PF, et al. Functional properties of spice extracts obtained via supercritical fluid extraction. *J Agric Food Chem*. 2003 Apr 23;51(9):2520-5
11. Thomas JA. Diet, micronutrients, and the prostate gland. *Nutr Rev*. 1999 Apr;57(4):95-103.
12. Shoba G, et al. Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Planta Med*. 1998 May;64(4):353-6.