A Healthy Prostate

Begins with Prostate Perform

- A natural approach to keep your prostate healthy
- Get relief in just 7 to 10 days

Ingredients

Two softgels contain:

Free plant sterols (from non-GMO soy) .................. 350 mg
(140 mg beta-sitosterol, 70 mg stigmasterol,
and 70 mg campesterol)

Wild-crafted saw palmetto (Serenoa repens) fruit
liposterolic extract, 95% fatty acids (CO2-extracted) .... 320 mg

Rye (Secale cereale) flower pollen extract .................. 210 mg

Certified organic borage (Borago officinalis) seed oil .... 200 mg

L-Alanine ........................................... 100 mg

Cranberry (Vaccinium macrocarpon) fruit 107x concentrate .......... 100 mg

L-Glutamic acid hydrochloride ................................ 100 mg

L-Glycine ........................................... 100 mg

Pygeum (Pygeum africanum) bark, 12% phytosterols .... 100 mg

Natural vitamin E (mixed tocopherol concentrate,
from non-GMO soy) .................................. 76 mg

Stinging nettle (Urtica dioica) root
and herb top extract, 5% silicic acid .................. 50 mg

Zinc (from zinc citrate) .................................. 32 mg

Pau d’arco (Tabebuia heptaphylla) inner bark .... 30 mg

Vitamin B6 (pyridoxine hydrochloride) ............... 20 mg

Lycopene (from tomato [Solanum lycopersicum] flesh) .. 1.2 mg

Selenium (from yeast-free L-selenomethionine) ....... 100 mcg

Pygeum bark, 12% phytosterols .......................... 100 mg

Natural vitamin E (mixed tocopherol concentrate,
from non-GMO soy) .................................. 76 mg

Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
Gas Chromatograph/Mass Spectrometer (GC/MS)
Gas Chromatograph with Flame Ionization Detector (GC/FID)
Near-Infrared Spectroscope (FT-NIR Spectrometer)
Headspace Gas Chromatography (organic solvent residues)
Disintegration
The Problem With the Prostate

Located just below your bladder, the prostate gland impacts both your urinary and sexual functions. For a small gland, the prostate can create some big problems. It’s vulnerable to a number of conditions, including BPH (benign prostatic hyperplasia), prostatitis and, of course, prostate cancer. Fortunately, men have several early warning systems that include difficulty urinating and erectile dysfunction, that can be signs of an enlarged prostate.

The prostate is a problem for 80% of men 40 years or over

At the age of 40, normal healthy active men produce an increase in the amount of dihydrotestosterone (DHT), a very potent, dangerous form of testosterone within the prostate. This causes overproduction of prostate cells, which results in prostate growth and increased cancer risks. Men of African-American heritage have the highest incidence of prostate cancer.

• Made with all-natural ingredients
• See results in 7 to 10 days!

How Healthy Is Your Prostate?

For your peace of mind, there are a few short questions you can ask yourself that will let you know just how concerned you should be about your prostate.

• Do you urinate every 2 hours or less?
• Do you have difficulty delaying urination?
• Do you frequently stop and start during urination?
• Do you often strain to begin urination?
• Do you have a weak stream or mere dribble despite your urgency?
• Does it feel like your bladder isn’t entirely empty after urination?
• Do you have to get up to urinate at night?

Our innovative, nutraceutical-based formula combines the most effective ingredients for the treatment of the symptoms of benign prostate hyperplasia that include:

- Frequent urination, urgency, low volume, difficulty emptying your bladder, and straining to start urination.
- Do you have to get up to urinate at night?
- Do you urinate every 2 hours or less?
- Do you have difficulty delaying urination?
- Do you frequently stop and start during urination?
- Do you often strain to begin urination?
- Do you have a weak stream or mere dribble despite your urgency?
- Does it feel like your bladder isn’t entirely empty after urination?
- Do you have to get up to urinate at night?

Answering yes to even one of these questions may indicate a prostate problem. It’s best that you consult your health-care practitioner for advice.

Don’t let your prostate become a problem

Improving your diet by increasing fibre, fruit and vegetable intake while reducing red meats, dairy, refined sugars and fats can greatly improve your prostate health. Regular exercise is also a contributing factor to avoiding any aggravating problems.

A maintenance regimen of New Roots Herbal’s Prostate Perform is a smart addition to your nutritional program. Our innovative formula is the perfect nutrient for your ongoing prostate health.

Wild-Crafted Saw Palmetto Fruit Liposterolic Extract, 95% Fatty Acids

The most recognized of plant extracts that address urinary difficulties. It is believed to act as a natural inhibitor to DHT production in the prostate, which reduces the rapid cell growth leading to gland enlargement. It acts to relax the muscles that cause urinary urgency.

Rye Flower Pollen Extract

Our allergen-free pollen helps improve urinary flow rates and voiding difficulties. It acts to relax the muscles which inhibit satisfactory urine flow and reduce pressure in the urethra, and reduce the size of the prostate.

Free Plant Sterols (from Non-GMO Soy)

These plant-derived fats and alcohols are a major element of the prostate-healing isolates which are used in Prostate Perform. They act to improve urinary difficulties and reduce BPH symptoms. Beta-Sitosterols are also successfully inhibiting tumours, reducing cholesterol, and modulating the immune system.

Pygeum (Pygeum africanum) Bark, 12% Phytosterols

This powerful traditional remedy reduces swelling in the prostate.

Tomato Flesh Extract, 5% lycopene

Found in tomatoes, lycopene is a potent antioxidant that reduces prostate disease.

Stinging Nettle Root Extract, 1% Silicic Acid

Acts to improve urinary output and decrease the need for nighttime urination.

Zinc (from Zinc Citrate) and Vitamin B6 (Pyridoxine Hydrochloride)

Zinc is recognized as a vital nutrient for a healthy prostate, effective in reducing both benign prostatic hyperplasia symptoms and size of the prostate. Vitamin B6 enhances the usefulness of zinc.

Selenium (from l-Selenomethionine)

Selenium is a critical trace mineral necessary for the synthesis of antioxidant enzymes that benefit prostate health.

Certified Organic Borage Seed Oil

Blocks prostate cell growth.

Cranberry 107× (Vaccinium macrocarpon)

Reduces infections of the bladder and urinary tract.

L-Alanine, L-Glutamic Acid Hydrochloride, and L-Glycine

Reduce symptoms of benign prostatic hyperplasia.

Pau D’Arco

Has antifungal and antimicrobial properties.

Extra Virgin Organic Olive Oil

Studies show that lycopene levels in the blood after 24 hours are three times higher when taken with olive oil.

Organic Pumpkin Seed Oil

Research has shown that the zinc and beneficial fatty acids in pumpkin seed oil can improve function of the bladder and urethra, integral for relief of symptoms associated with BPH.

Directions of Use

Adult men: Take 2 softgels daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. For some men, 1 softgel daily may be enough to give results.

Duration of use: Consult a health-care practitioner for advice.

Notes

Improvements should be noticeable after 7–10 days.

References