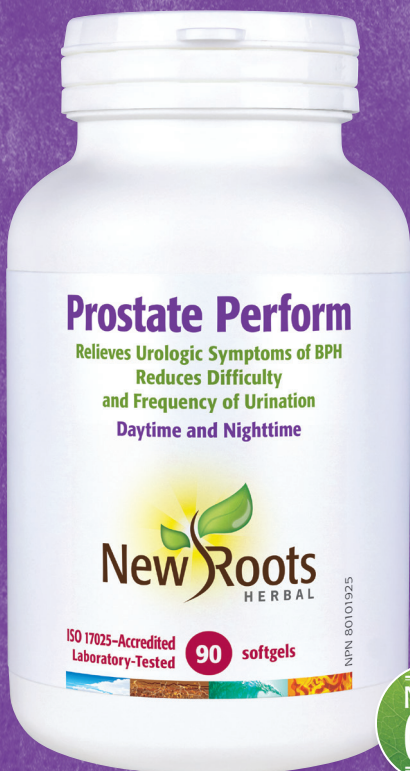




# Prostate Perform

**YOUR PROSTATE SHOULDN'T  
WAKE YOU UP AT NIGHT**



**All New Roots Herbal Products Are Tested in  
Our ISO 17025-Accredited Laboratory**

# Prostate Perform



## The Small Gland with Large Health Implications!

The prostate is a walnut-sized gland that is essential for male reproduction. As men age, an enzyme produced throughout the body, 5-alpha-reductase, affects the size of the prostate and converts testosterone to dihydrotestosterone (DHT). Excessive levels of DHT can lead to benign prostatic hyperplasia (BPH), an abnormal growth of the prostate gland. As the prostate grows, it applies pressure on both the urethra and the bladder, creating the need to go, but also interfering with your ability to go!

According to the Canadian Urological Association, more than half of men in their 60s, and up to 90% of men in their 70s and 80s, experience symptoms associated with BPH. This represents more than 3 million Canadian men. Could you be among them?

What can you do? Prescription drugs are a popular approach, although they may have undesirable side effects. Surgical procedures exist for extreme cases. "Watchful waiting" is the most common approach for BPH; close surveillance, yearly exams, and lifestyle adjustments.

Why wait? Clinical studies demonstrate a number of vitamins, minerals, and nutraceuticals are effective in reducing various symptoms of benign prostatic

hyperplasia. Prostate Perform combines these ingredients in a synergistic formula, providing full-spectrum results.

Prostate Perform delivers 16 therapeutically proven ingredients in a formula with proven results. It's no wonder that patients using Prostate Perform reported alleviation of symptoms in as little as 7 to 10 days!

### **Saw Palmetto**

This potent standardized extract has been proven to alleviate difficulty initiating urine flow, improving output, and reducing frequency during day and nighttime.

### **Rye Flower Pollen Extract**

Clinical trials including potency-validated rye flower extract have shown inflammation-reducing effects beneficial for lessening nighttime urination (nocturia) and daytime urination frequency.

### **Free Plant Sterols**

These plant-sourced compounds have been shown to help reduce inflammation of the prostate gland to increase urinary flow and reduce residual urinary volume.

### **Stinging Nettle Extract**

It has been shown to reduce inflammation and modulate testosterone, improving urinary output, and decreasing retention.

All of these and the other ingredients in Prostate Perform have been shown to either help reduce symptoms of benign prostatic hyperplasia or benefit overall prostate health.

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### Two softgels contain:

Wild-crafted saw palmetto ( <i>Serenoa repens</i> ) fruit liposterolic extract, 95% fatty acids (supercritical CO <sub>2</sub> -extracted) . . . . .	320 mg
Rye ( <i>Secale cereale</i> ) flower pollen extract . . . . .	210 mg
Free plant sterols (from non-GMO soy) . . . . . (148 mg <i>beta</i> -sitosterol, 74 mg stigmasterol, and 74 mg campesterol)	370 mg
Stinging nettle ( <i>Urtica dioica</i> ) root and herb top extract, 5% silicic acid . . . . .	50 mg
Certified organic borage ( <i>Borago officinalis</i> ) seed oil . . .	200 mg
L-Alanine . . . . .	100 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit concentrate . . . . .	100 mg
L-Glutamic acid hydrochloride . . . . .	100 mg
Glycine . . . . .	100 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO soy) . . . . .	76 mg
Zinc (from zinc citrate) . . . . .	32 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark . . . . .	30 mg
Vitamin B <sub>6</sub> (pyridoxine hydrochloride) . . . . .	20 mg
Lycopene (from tomato [ <i>Solanum lycopersicum</i> ] flesh) .	1.2 mg
Selenium (from yeast-free L-selenomethionine) . . . . .	100 mcg
Vitamin D <sub>3</sub> (cholecalciferol) . . . . .	25 mcg (1,000 IU)

### Other ingredients:

Extra virgin certified organic olive oil (350 mg); certified organic pumpkin (*Cucurbita pepo*) seed oil, cold-pressed (200 mg); lecithin (from non-GMO sunflower); medium-chain triglycerides (MCT); silicon dioxide; and beeswax in a softgel composed of annatto (in sunflower oil), bovine gelatin, glycerin, and purified water.

V0445-R10 · NPN 80101925

### Directions of use:

**Adult men:** Take 2 softgels at once 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.

Manufactured under strict GMP (Good Manufacturing Practices).

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