



## Prostica®

Maintaining a healthy prostate

30 Film Coated Tablets



most other tissues.

Studies showed that BPH or prostate carcinoma may be associated with a reduction in the levels of tissue zinc, plasma zinc, and an increase in urine zinc/creatinine.

## Contraindications

No contraindications have been reported to date. This product contains extract of Saw palmetto, Because of anti platelet effects, advise patients to discontinue saw palmetto at least 2 weeks prior to elective surgery.

## Interaction

No interactions with other medicinal products have been reported to date.

This product includes extract of Saw palmetto, Patients who take anti coagulant drugs, contraceptive drugs and estrogens drugs should consult a physician before using.

## Adverse Effects

No adverse effects have been reported to date.

This product contains extract of Saw palmetto which may cause, dizziness, headache, gastrointestinal complaints.

## Precautions

Always read the label and use only as directed. Keep out of reach of children.

## Storage

Keep in a cool (below 25° C) and dry place, away from direct sunlight.

Supplement Facts		
Composition per tablet		RDA%
Saw palmetto	300 mg	*
Se (selenomethionine)	50 mcg	90
Zn (Zinc gluconate)	15 mg	136

\*Recommended daily allowance (RDA) not Stablished.

## Presentation

30 Film Coated tablets

## Administration

Take one tablet daily with meal.

Marketing Authorization Holder Darman Yab Darou  
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### References:

- Altavilla D, Favilla V, Squadrito F, The combination of Serenoa repens, **selenium and lycopene is more effective than Serenoa repens alone to prevent hormone dependent prostatic growth.** *J Urol.* 2011;186(4):1524-9.
- Avins AL, Lee JY, Meyers CM, Barry MJ. **Safety and Toxicity of saw palmetto in the CAMUS trial.** *J Urol.* 2013;189(4):1415-20.
- <http://www.umm.edu/altmed/articles/selenium-000325.htm>
- Pamela Christodoss, R. Selvakumar, Joseph J. Fleming, **Zinc status of patients with benign prostatic hyperplasia and prostate carcinoma,** *Indian J Urol.* 2011 Jan-Mar; 27(1): 14–18.



Darman Yab Darou (P.J.S)  
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[www.goldenlifehealth.com](http://www.goldenlifehealth.com)  
Contact No.: +98 21 87175303



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can help prevent the oxidative destruction of prostate epithelial cells. This antioxidant protection has also been shown to reduce the risk of prostate cancer and also fight the growth of cancerous cells. With regards to prostate cancer, selenium provides other benefits besides simple antioxidant protection. It reduces the activities and production of prostate-specific antigens. These antigens are also known as gamma-sem-inoproteins. They are produced by cells of the prostate gland and rarely found in the serum. In small amount, PSA is needed to enhance the motility of sperm cells as they swim up the uterus. However, high levels of prostate-specific antigens may indicate the benign prostate hyperplasia or other prostate problems. Therefore, by inhibiting PSA in men; selenium may help reduce the risk of prostate cancer and the progression of benign prostate hyperplasia. Furthermore, selenium is believed to have a selective effect on prostaglandins. This means that selenium can increase the levels of beneficial prostaglandins while inhibiting harmful prostaglandins at same time.

For example, some studies suggest that selenium can lower the levels of prostaglandins known to cause prostate pain and inflammation.

A 2009 study published in the journal, *Acta Oncologica*, examined and compared the levels of whole blood selenium and prostatic tissue selenium in patients with prostate cancer, benign prostatic hyperplasia, and in healthy men. The results of the study showed significantly reduced levels of whole blood selenium in patients with prostate cancer and BPH group compared to the healthy participants.

This study highlights the importance of selenium to prostate health, and the link between selenium deficiency and BPH as well as prostate cancer.

Researchers from the Ohio State University investigated the effects of selenium on PSA and glutathione peroxidase levels in the body. This

2011 study was published in the journal, *Nutrition Research*.

Sixty healthy men were recruited for the study and they were divided into 2 groups of 30 participants each. One group was given 200 mcg of selenium while the other group received the same dose of placebo for the six weeks duration of the study. After the six-week duration of the study, the results showed significant increase in the activities and levels of erythrocyte and plasma glutathione peroxidase in participants given selenium compared to those who were given placebo. On the other hand, PSA levels were found to be reduced in participants who were given selenium but no such changes were recorded in the placebo group.

By increasing the level of glutathione peroxidase, selenium improves the antioxidant protection available to the prostate gland. On the other hand, it prevents prostate hyperplasia by reducing PSA levels.

### **Zinc**

Zinc is considered one of the most essential trace elements, and it is believed to play a critical role in cell growth and differentiation. Zinc is both helpful with enlarged prostates and with inflamed prostates. Studies have shown that zinc deficiency results in prostate enlargement, Infection and other stress results in lower blood serum zinc levels in general and in particular lower prostate levels. A large percentage of men do not get even the low U.S. RDA of 15 milligrams of zinc per day from their diet, and this may explain a lot.

Although the exact cause of benign prostatic hyperplasia (BPH) and prostatic carcinoma is unknown but changes in the level of zinc are known to be associated with the functioning of different organs (breast, colon, stomach, liver, kidney, prostate, and muscle). The human prostate gland contains a higher level of zinc than



# Prostica®

## Maintaining a healthy prostate

Benign prostatic hyperplasia or BPH is the most common prostate problem for men older than age 50.

It rarely causes symptoms before age 40, the occurrence and symptoms increase with age. Lower urinary tract symptoms suggestive of benign prostatic hyperplasia may include: urinary frequency, urinary urgency, trouble starting a urine stream, a weak or an interrupted urine stream, dribbling at the end of urination, nocturia, urinary retention and pain after ejaculation or during urination. Dihydrotestosterone (DHT), a metabolite of testosterone, is a critical mediator of prostatic growth. BPH may cause sexual dysfunction.

## Indications

- Improve symptoms of benign prostatic hypertrophy such as frequent urination as well as poor flow
- Protect prostate cells against free radicals damage
- Maintain a healthy prostate through vital testosterone regulation

## Ingredients

*Serenoa repens*

**Common Name: Saw palmetto**

It is a palm-like plant with berries. The berries were a staple food and medicine for the Native Americans of the southeastern United States. In the early 1900s, men used the berries to treat urinary tract problems, and even to increase sperm production and boost libido. Today, the primary use of saw palmetto is to treat benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate gland. It contains plant-based chemicals include fatty acids, plant

sterols, and flavonoids that may be effective for BPH. Although the mechanism of action of saw palmetto is not completely understood but Researchers think that saw palmetto may affect the level of testosterone in the body, and perhaps reduces the amount of 5 $\alpha$ - reductase enzyme. Saw palmetto also seems to have an anti-inflammatory effect on the prostate. At least one study has shown even greater anti-inflammatory activity when saw palmetto is combined with lycopene and selenium. It can help treat symptoms, including too frequent urination, having trouble starting or maintaining urination, and needing to urinate during the night.

Some studies show that saw palmetto is as effective in treating symptoms as finasteride without side effects.



## Selenium

With age, selenium is poorly absorbed into the body and rapidly depleted. Therefore, older adults usually have selenium deficiency, and this deficiency has now been shown to be associated with failing prostate health in men. Researchers believe that selenium benefits the prostate with its antioxidant protection. Because it is used by the body to make selenoproteins which are essential for neutralizing free radicals in the body, selenium