

## Reduce Prostate Swelling

### PROSTAFLO

by *Physician Therapeutics*

- Reduce frequent urination
- Reduce "dribbling" and weak urine flow



ProstaFlo is blend of Swedish flower extracts that has been shown in clinical studies to reduce the symptoms of prostate swelling and inflammation. These symptoms include frequent voiding, urgency, post-void dribbling, getting up at night to urinate, and weaker urine flow.

ProstaFlo has been reliably effective and used safely and without significant side effects for decades. Together with our other prostate nutritional supplement, Running Waters, these two herbal blends provide comprehensive prostate symptom relief.

PRODUCT #	SIZE
176	90 cap

## Reduce Prostrate Enlargement

### RUNNING WATERS

by *MyBestHealth*

- Reduce frequent voiding & urgency
- Use with ProstaFlo



Running Waters is blend of herbs that have been shown in clinical studies to reduce the symptoms of benign prostate enlargement. These symptoms include frequent voiding, urgency, post-void dribbling, getting up at night to urinate, and weaker urine flow.

Running Waters has been reliably effective and used safely and without significant side effects for decades. Together with our other prostate nutritional supplement, ProstaFlo, these two herbal blends provide comprehensive prostate symptom relief.

PRODUCT #	SIZE
181	60 cap

## Stop Growth of Prostate Cancer Cells

### BLESSED THISTLE

by *MyBestHealth*



Blessed thistle is the common name for the herb Silybum marianum, long appreciated through the centuries by medicine men for its tonic health benefits.

Recent studies have shown extracts of Blessed Thistle to stop the growth of testosterone-driven prostate cancer cells. It has also been shown to lower blood cholesterol, blood sugar, and

insulin levels without side effects.

Blessed Thistle can be used by patients currently using medicines that tax the liver or for patients with high cholesterol, blood sugar, elevated insulin levels, and prostate concerns.

PRODUCT #	SIZE
120	90 cap

## "Ready, Willing & Able"

### R.W.A.

by *MyBestHealth*



A partner with a low sex drive is a problem in many relationships, and boosting one's desire often takes more than chocolates and candlelight.

R.W.A. stands for "Ready, Willing and Able" and is a standardized extract of Maca, a relative of the radish that grows in central Peru in the high plateaus of the Andes mountains. Maca has been cultivated as a vegetable crop for at least 3000 years, and has long been prized medicinally for its ability to treat fertility and sexual problems.

The ingredients in R.W.A. have been clinically tested as an effective remedy of low sex drive for both men and women.

PRODUCT #	SIZE
178	60 cap

## Supports Prostate Health

# LYCOPENE

by MyBestHealth

- **Support lung**
- **Powerful antioxidant**



Lycopene is the pigment that gives tomatoes their red color. Lycopene also helps support normal lung function, prostate health, and is a powerful antioxidant.

PRODUCT #	SIZE
164	30 gel

## Reduce Sodium Even When Dining Out

When dining out, you can reduce the sodium content of a meal by trying these simple suggestions:

- Use herbs, pepper or lemon juice for flavor
- Go easy on condiments and sauces. Mustards, catsup, salad dressings, sauces and gravy substantially increase the amount of sodium in your meal
- Request that food is prepared without added salt and ask for sauces, salad dressing and gravy be served on the side
- Recognize words that indicate a high sodium content; marinated, pickled, smoked, au jus, teriyaki, soy sauce or in broth
- Keep it simple. Often special sauces and toppings add extra sodium to foods. Ordering a broiled cut of meat or fish is a better choice than entrees covered with special sauces. Plain meat-type sandwiches are lower in sodium than chicken, egg or tuna salad sandwiches.

