

PROSTATE CARE™

FOOD COMPOUND VITAMIN

As men age, the prostate gland tends to grow larger, a condition known as Benign Prostatic Hypertrophy, or BPH. Studies indicate that 50% of all men over 45 will develop this condition. Common symptoms of BPH include increased frequency or urgency of urination, the inability to effectively empty the bladder, and general discomfort. **Prostate Care™** is a nutritionally targeted Food Compound Vitamin designed to support healthy prostate and urinary tract function.

TARGETED FOOD COMPOUND NUTRITION

RightFoods™ has selected key nutrients for **Prostate Care™** that are known to target and support the health of the prostate and urinary tract.

Prostate Care™ provides the three essential amino acids: Glutamic Acid, Alanine, and Glycine. These amino acids were found in a human clinical study to be effective in safely reducing the symptoms related to BPH.¹ The recommended daily dosage of **Prostate Care™** provides the same effective dosage of each amino acid used in the study.

Zinc, an essential mineral for prostate and reproductive health, is also included in **Prostate Care™**. The prostate contains high levels of zinc, more than any other organ. Supplemental zinc has been shown in several studies to help reduce the symptoms associated with BPH.

The nutrients in **Prostate Care™** are combined with nourishing whole food extracts. RightFoods™ whole food extracts are rich in naturally occurring vitamins, minerals, and a multitude of beneficial food compounds. Current research has identified food compounds to exhibit important health-promoting roles in

the body, including acting as antioxidants, detoxifiers, and adaptogens known to help normalize male health systems. In fact, several of the foods in **Prostate Care™** are rich in food compounds that have been identified to exhibit very specific roles in promoting and protecting male genital-urinary tract health. These food compounds have been identified as lycopene from tomatoes, sterols from pumpkin seeds, and tannins from cranberries. These nourishing foods are just three of the 28 whole foods provided by **Prostate Care™**.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body. Some studies have found that food compounds collectively may help to protect against the onset of several health conditions. **Prostate Care™** contains a select group of 28 whole foods to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™.

SUPPORTIVE WHOLE HERBS

The tonic whole herbs chosen for **Prostate Care™** are recognized to help protect and strengthen the unique health systems of a man:

Cardiovascular

Pygeum is known to help maintain healthy cholesterol levels. Elevated cholesterol levels are associated with BPH.

Prostate

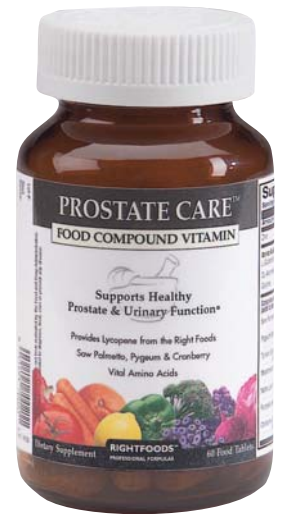
Saw Palmetto & Pygeum. In combination, these herbs are known to help relieve the symptoms associated with BPH.

Nettle taken daily is known to promote prostate health.

Urinary Tract

Marshmallow is helpful in promoting urinary flow and has soothing properties.

Daily use of tonic whole herb extracts is safe, and helps to promote good health. Like food, tonic herbs contain numerous compounds beneficial to our health. RightFoods™ exclusively uses Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction *all* the original compounds that each herb contained before extraction.



Supplement Facts

Serving Size 2 Tablets

Amount per Serving		% Daily Value ▼
Zinc	(AAC†, Black Currant*)	40 mg 267
Amino Acids:		
L-Glutamic Acid		250 mg **
DL-Alanine		100 mg **
Glycine		50 mg **

Complete Active Range™ Herbal Extracts (safe to be taken on a daily basis):

Saw Palmetto Berry 5:1	(Sterols from 800 mg*)	160 mg	**
Pygeum Bark 5:1	(Sterols, from 500 mg*)	100 mg	**
Tomato Extract 4:1	(Carotenoids††, from 160 mg*)	40 mg	**
Marshmallow Root 4:1	(Mucilages, from 100 mg*)	25 mg	**
Nettle Leaf 4:1	(Glycosides, from 100 mg*)	25 mg	**
Pumpkin Seed Extract 4:1	(Gingerols, from 100 mg*)	25 mg	**
Cranberry 25:1	(Anthocyanins, from 625 mg*)	25 mg	**

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids††: Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); **Polysaccharides** (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 200 mg **

Total Food & Herb Fresh Weight is 6,760 mg.

Other Ingredients:

Guar Gum, Vegetable Lubricant, Food Glaze, Silica.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Carotenoids include Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

PROTECTIVE FOOD COMPOUNDS

If a male's reproductive health is neglected and symptoms of BPH persist, the condition may progress to more complicated health problems. A diet rich in antioxidant food compounds and nutrients is essential to help maintain cellular and tissue health of the male genital-urinary tract. The Complete Active Range™ in **Prostate Care™** provides complete antioxidant protection from food compounds that are particularly vital for men to achieve wellness and peak performance.

ENHANCED BIOAVAILABILITY

RightFoods™ carefully selected all the ingredients of **Prostate Care™** to create a Food Compound Vitamin with superior absorption and utilization. The whole food extracts in **Prostate Care™** contain proteins and food compounds that act as "helping hands" in the absorption and delivery of vitamins and minerals to the cells that need them. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary vitamins and minerals is diminished. Other distinctive elements of **Prostate Care™** that further enhance the overall formula's utilization include the following:

- Only 100% AAC (Amino Acid-Chelated) minerals are chosen. Studies have shown that this chelation process increases mineral absorption up to 300%. Minerals need to attach amino acids for proper delivery to cells in the body.
- The active compounds and nutrients in RightFoods™ whole herb extracts are readily available for utilization because the compounds are released from the protective plant cell wall during the extraction process, enhancing their bioavailability up to 50 times.

For optimal results, health care professionals recommend that **Prostate Care™** be taken with one of the following RightFoods™ Food Compound Vitamins: Complete Life™, Men's Daily™, or Senior's Daily™. Choose the Food Compound Vitamin that suits your nutritional needs. It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

Additional Food Compound Vitamins from RightFoods™ include: Daily Minerals™, Digestive Care™, Daily Antioxidants™, UnStress™, Daily C-500™ and Daily Cal-Mag™.

**All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.
All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.
Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.**

RightFoods™, Inc.

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Questions? Please call 800-634-6342, or speak directly to your health care professional.
www.right-foods.com

Reference:

1. Feinblatt, Henry, Gant, Julian., Palliative Treatment of Benign Prostatic Hypertrophy, *J. Maine Med. Assn.*, 99-101, 1955.

Statements in this brochure have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.