

What Men Should Know About BPH

Statistically, most men will experience enlarged prostate in their lifetime.

The prostate, which is part of the male reproductive system, is a gland that surrounds the bladder and urethra. It is about the size of a walnut and grows throughout a man's life.

Benign prostatic hyperplasia (BPH), also known as enlarged prostate, is a condition in which the prostate gland has grown larger than normal.

BPH is not cancerous and does not lead to cancer. But as the prostate enlarges, it can squeeze the urethra and cause the bladder wall to thicken, potentially causing various urinary symptoms.

Symptoms of BPH

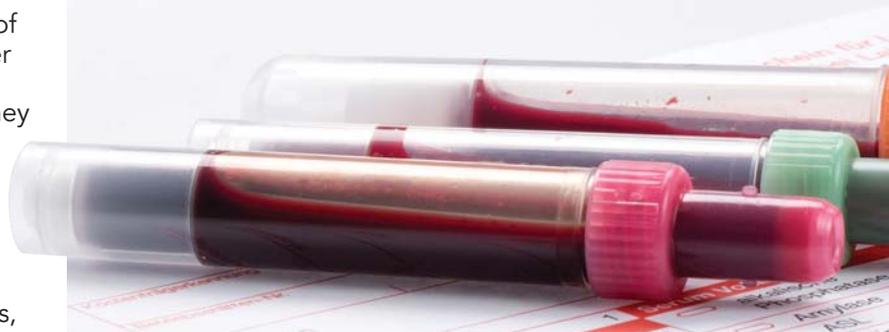
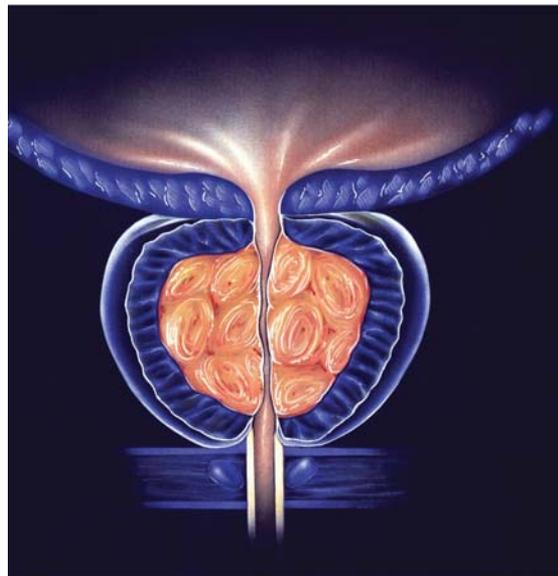
Some symptoms of enlarged prostate, or BPH, are:

- Hesitation
- Starting and stopping
- Weak stream
- Frequent urination

Enlarged prostate is fairly common in older men and more likely to develop with advancing age, particularly after age 40, according to an article online at Prostate.net. The article was reviewed for accuracy by Dr. J. Kellogg Parsons, M.D., M.H.S., Associate Professor of Surgery at the Moores UCSD Comprehensive Cancer Center. He specializes in prostate cancer, benign prostatic hyperplasia (BPH), bladder cancer and kidney cancer.

The prevalence of BPH is about 10 percent for men in their thirties, and 20 percent for men in their forties, according to a 2005 report in the journal *Reviews in Urology*.

It rises as high as 60 percent for men in their sixties, and up to 80 to 90 percent for men in their seventies and eighties, according to the 2005 report.



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*These statements have not been evaluated by the Food and Drug Administration.

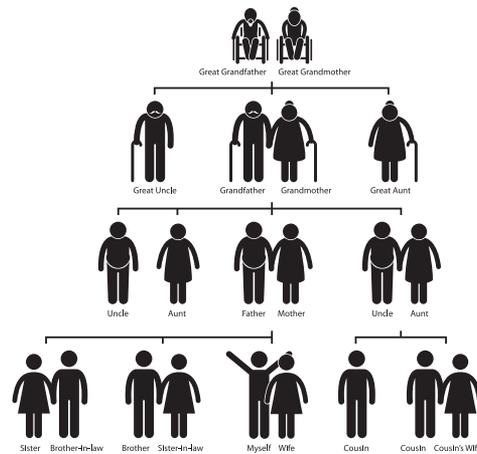
Lifestyle Choices **May Help** Protect Prostate

Two of the main risk factors for BPH are advancing age and family history of the disease, things over which you have no control.

However, there are some lifestyle modifications you can make that can reduce your chances of getting BPH as well as minimize and eliminate your symptoms.

Here are some of the lifestyle choices that can help you protect your prostate health.

- Focus on eating at least 5 to 8 servings of fruits and vegetables daily. Fruits and vegetables contain high levels of inflammation-fighting substances such as antioxidants, polyphenols, vitamins, minerals and fiber. Strong evidence points to the ability of these foods — which are rich in potent phytonutrients — to reduce the risk of developing an enlarged prostate.
- Consume good fats in moderation. Research shows that men who consume a diet low in red meat and overall fat are less likely to develop benign prostatic hyperplasia. When choosing fats, be sure to focus on healthy ones (monounsaturated, omega-3) such as those found in avocados, nuts, cold water fatty fish and plant oils such as olive oil.
- Choose plant protein over animal protein. Plant protein gives you all the nutrients and health benefits needed for maximum prostate health.
- Drink green tea. Green tea contains substances called catechins that travel throughout the body and take up residence in the prostate, where they can modulate the production and actions of hormones and may be useful in the treatment of BPH.
- Take well-researched supplements. Supplements that have been proven to be effective in clinical trials include beta-sitosterol, cranberry, DIM, green tea extract, Pygeum africanum, pollen extract, saw palmetto, stinging nettle root, vitamin D and zinc.
- Achieve and maintain a healthy weight. Numerous studies have shown a link between being overweight and having a high risk of BPH. Excess weight around the waist and hips is especially associated with a greater risk of BPH.
- Exercise regularly. A review of 14 studies that evaluated the impact of exercise on BPH found strong evidence that exercise helps prevent the development of BPH.



- Manage stress. Research shows that stress can worsen symptoms of BPH. Making stress management techniques, such as deep breathing, exercise and good nutrition a part of your daily routine may alleviate symptoms.
- Cut caffeine intake. Coffee, colas, some energy drinks, tea and chocolate are likely caffeine sources and can irritate your prostate and worsen BPH symptoms.
- Cut back on spicy and salty foods. These foods can make BPH symptoms worse.
- Limit alcohol. A moderate amount of alcohol (1 to 2 drinks daily) is considered safe, but more than a moderate number of drinks can irritate the prostate and symptoms of BPH.
- Don't hold it. Delaying urination can worsen BPH symptoms and result in urinary tract infections.
- Keep diabetes under control. High blood sugar levels and obesity, two characteristics of diabetes, also are risk factors for BPH.



*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Please check with your physician when using prescription medications and/or supplements with food supplements.

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Top Nutrients Support **Good Prostate Health**

- **Saw palmetto** is an herbal extract from ripe berries of the saw palmetto tree. Americans have used saw palmetto for more than 200 years as food and to maintain a healthy urogenital system.*

Studies published in the *Journal of the American Medical Association* found that saw palmetto produces improvements in urine flow in a significant percentage of men. A recent survey indicates more than two million U.S. men use saw palmetto.*

- **Pygeum africanum** is derived from an African evergreen. It has been used as a nutrient for BPH in Europe since the early 1970s. Studies show it may help support normal size, promote urination and help rid the prostate of cholesterol deposits that can occur with BPH.*
- **Stinging nettle root** studies indicate nettle root helps balance enlarged prostate (BHP) for normal/useful prostate size, ease and comfort; and even greater results when combined with pygeum. The best results to normalize prostate size often combine these two herbs with saw palmetto.*
- **Vitamin B6** is crucial for a healthy immune system and essential for zinc metabolism.*

- **Lycopene** is a potent antioxidant. The largest, most comprehensive study evaluating prostate health and lycopene revealed men with more lycopene in their diets displayed potentially better prostate health.*

- **San-Qi ginseng** is an adaptogen that may support the nervous and circulatory systems and promote blood flow.*

- **Pumpkin seed powder** contains essential fatty acids needed for proper immune and prostate function, as well as being a good source of zinc, potassium and magnesium.*

- **L-glycine, L-glutamic acid and L-lysine** are amino acids that nutritionally support the prostate and may help reduce nightly urination.*

- **Zinc** is so vital to healthy male function it has been called the "male mineral." No other gland or organ in the body has as much zinc as the prostate. Therapeutic doses have been shown to bring prompt improvement in BPH. Zinc should be taken with vitamin B6 for maximum effectiveness.*

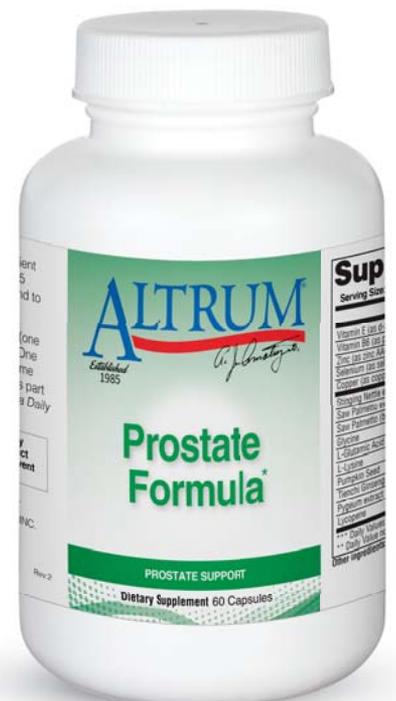
- **Vitamin E** and selenium may enhance protection of prostate health.*

A.J.'s Prostate Formula — For Complete Male Support

A.J.'s Prostate Formula supplies vital nutrients that support healthy, normal function that may help:

- Reduce the number of nightly trips to the bathroom *
- Promote normal comfortable urination*
- Balance (BPH), renewing ease and comfort *
- Enhance male function *

Feel the full benefits in six to eight weeks of daily use.*



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Boost Your Energy, Strength, Vitality



Roborant Energy

Roborant Energy™ is a unique combination of herbs that nutritionally support the body's ability to build and maintain a natural state of health and energy.* The word "Roborant" means strengthening; to restore vigor, strength and endurance, to have the "strength of the oak." This defines the seven body-vitalizing "Root of Life™" herbs found in *Roborant Energy*. This "Root of Life" supplement provides missing nutritional elements that restore cellular nutrients daily for natural energy function. Use A.J.'s

Roborant Energy for daily restoration of vigor, strength and endurance.*

Rhodiola rosea is one of the seven "Root of Life™" herbs in *Roborant Energy* and has been used for centuries. It provides a natural plant extract that may increase physical strength and enhance mental stamina while nutritionally supporting the body's ability to combat fatigue and handle stress.*

Nutritionally supports healthy, normal function to help:

- Restore strength, endurance and vital energy*
- Increase mental performance and attention*
- Increase work capacity and productivity*
- Speed recovery from fatigue and workouts*
- Fight depression and emotional stress*
- Increase well-being*

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

	Amount per Serving	% Daily Value
Proprietary Herbal Energy Blend	1.15g	**
White Panax Ginseng (root), Eleuthero extract (root), Astragalus extract (root), Gotu Kola extract (herb), Schisandra extract (fruit), Rhodiola extract (root), Suma (root).		

** Daily Value not established

Other ingredients: Rice flour, gelatin capsule (gelatin and water), vegetable stearate, silicon dioxide.

The strength and vitality of the steadfast oak and its robust mineral-absorbing roots are the driving concepts behind *Roborant Energy™*, a powerful blend of mineral-rich "Root of Life™" herbs.*

A.J.'s Roborant Energy

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price
DRE01	EA	(1) 60-count	0.2	29.35
DRE01	CA	(6) 60-count	1.2	168.00

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Roborant "Root of Life™" Plant Extracts

Roborant Energy™ is an exclusive blend of seven legendary "Root of Life™" herbs known for promoting strength, endurance and vital energy.*

- **Rhodiola Root** is said to have a stimulating effect that can increase vital energy, help reduce mental and physical fatigue and boost energy levels. This adaptogen may help restore the body's balance, which may help increase overall resistance to stress.
- **White panax ginseng** is said to have a stimulating effect that can increase vital energy, help reduce mental and physical fatigue and boost energy levels. This adaptogen is said to help restore the body's balance, which may help increase overall resistance to stress.*
- **Astragalus Root** has been used for many thousands of years to replenish vital energy. Considered "King of Herbs" in China.*
- **Suma Root** supplies nutrients that support the body's recuperative functions and well-being.*
- **Schizandra** is used to increase energy, boost muscular activity and improve the cellular energy of the entire body for a healthier, longer, more active lifespan.*
- **Siberian Ginseng Root** is reported to stimulate both mental and physical activity and improve the work of brain cells.*
- **Gotu Kola** is renowned for strengthening and revitalizing the body and brain.*



A.J.'s Male Power

A.J.'s *Male Power* is a premium product designed for men who want to naturally promote healthy male potency and stamina.* A unique formulation of twelve nutrients provides optimum masculine nutritional support to help maintain youthful male strength and vigor.*

A.J.'s Male Power

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price
DMP01	EA	(1) 60 ct.	0.2	14.70
DMP01	CA	(6) 60 ct.	1.2	84.00



A.J.'s Brain Power

A.J.'s *Brain Power* is specially formulated with the power of ginkgo biloba to help you maintain your mental edge. This multi-faceted product delivers the potent rejuvenating herbs gota kola, schizandra and ginger to keep your mind and memory sharp.*

Ginkgo biloba is one the most well-known botanicals for brain health. Ginkgo may help improve cognitive function and memory and slow mental aging.* A.J.'s *Brain Power* contains the highest quality ginkgo extract in a base of supporting herbs to provide optimum mental nutritional support.

Suggested Use: For best results, take one capsule twice daily. Talk with your doctor before taking with any prescription medications or if you have any medical conditions.

A.J.'s Brain Power

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price
DBP01	EA	(1) 60 capsules	0.2	15.55
DBP01	CA	(6) 60 capsules	1.2	89.10



A.J.'s Super Energy

A.J.'s *Super Energy* is a natural way to boost energy. This refreshing and invigorating "stay awake" formula contains caffeine, guarana, ginseng, bee pollen, kola nut, cayenne and schizandra. It is intended for use by adults when extra energy and vitality are desired.*

The recommended dose of A.J.'s *Super Energy* contains about as much caffeine as a cup of coffee. For occasional use only. Not intended for use as a substitute for sleep. Not for children under 18 years of age or individuals with serious health concerns.

A.J.'s Super Energy

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price
DSE01	EA	(1) 60 capsules	0.2	12.55
DSE01	CA	(6) 60 capsules	1.2	72.00

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ALTRUM Supplements Stay Potent on the Shelf

Since 1985, ALTRUM supplements have provided Dealers with nutritional support for life-long health and vitality. Each batch of ALTRUM supplements undergoes rigorous testing to verify quality and potency.

With only a couple of exceptions, ALTRUM products have a 3-year shelf-life from the manufacture date. Ultra Probiotics and Ultra Daily Enzymes have a 2-year shelf-life. The manufacture date is stamped on the back of the label of all ALTRUM products, in compliance with Good Manufacturing Practices (GMP).

ALTRUM nutritional supplements should be stored in a cool, dry place out of sunlight and with the lid closed.



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