

# Douglas Directives

## Men's Health Protocol (Prostate Health)

A Suggested Nutritional Protocol for Prostate Health\*

### **Prosta-Support Formula:**

A multivitamin with a combination vitamins, minerals, herbs, and added nutrients designed to offer intensive support for the healthy functioning of the prostate gland.

**Product Code:** 84074

**Suggested Usage:** 2 tablets twice daily with meals

### **Uni-Pros-Trol™:**

Provides nutrients and herbs, including Saw Palmetto, Nettles, Pygeum, and beta-sitosterol, that can help maintain healthy function of the prostate gland.

**Product Code:** 83910

**Suggested Usage:** 1 capsule taken twice daily

### **Lycopene:**

A powerful carotenoid for support of healthy prostate function.

**Product Code:** LYC

**Suggested Usage:** 1 soft gelatin capsule taken twice daily

### **Pecta-Sol™ Powder:**

Provides modified citrus pectin, which has been shown to be helpful for those with prostate health issues. Modified citrus pectin has been demonstrated to have the ability to interfere with the growth of aberrant prostate cells.

**Product Code:** 82047

**Suggested Usage:** 2 level teaspoons, dissolved in water or juice, three times daily

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

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