



Protocol for Men's Health

By Neil E. Levin, CCN, DANLA

Although women tend to have more nutritional issues, men also have specific nutritional needs and don't get enough levels of certain essential nutrients. In Men's Month, we highlight these deficiencies and special needs. This means that a basic nutritional and supplement program designed specifically for men needs to take into account other factors such as diet, age, health issues, weight and

body composition, amount of physical activity, etc. It is also true that many men have restricted diets for various reasons that make eating the prescribed standard "healthy diet" impractical, necessitating supplementation.¹⁻³

A multivitamin-mineral formula is a good base for a men's supplemental program. The amount of B-Complex vitamins tends to determine the relative strength of a formula. For example, some may provide Daily Value levels (DV), similar to the old RDA's, at around 100% of DV. Others may provide hundreds of times the DV of specific nutrients such as vitamin B12. It is rare to find a supplement providing levels above the Upper Limit (UL) except for some nutrients such as niacinamide; in that case, the UL of 35 mg daily has been determined by the risk of flushing from pure niacin, which is not a problem with the amide form. Other key nutrients for men that should be in a good multivitamin include vitamin E for reproductive and cardiovascular health at safe levels between 30 and 400 IU, zinc at levels from 15-30 mg daily, the red plant pigment lycopene for prostate health, vitamin D for bone and immune health, and a full range of synergistic antioxidant nutrients to support cellular and cardiovascular health. Men also tend to want to avoid iron, especially after age 50. An essential mineral even late in life, iron is associated with increased inflammation and poor cardiovascular health; plus it encourages bacterial growth (not always a good thing). So men typically want either a low iron or an iron-free formula.³⁻¹¹

Aging men concerned about prostate health should consider the use of non-GMO soy products, legumes, and organic flax products, especially flax meal. Soy's relationship to men's health is controversial in the public eye, but not so in the scientific world. It is clear that plant estrogens, called phytoestrogens, do not make men more feminine but do protect the prostate gland and cells. Isoflavones, phytoestrogens found in flax meal and legumes, including soy, are extremely weak estrogen compounds that actually prevent the far more aggressive exogenous estrogens in pesticides, herbicides, plastics, PCBs, etc. from being as dangerous to prostate health by blocking them at the cellular receptors. There are scientific references justifying the use of soy products even for those with existing prostate cancer, without adding to one's health risks. The exogenous estrogenic chemicals, such as plastics, pesticides, herbicides, fungicides, PCB's, etc. are the most obvious exposure to dangerous forms of estrogen and antiandrogens. Ironically, plant estrogens may block some of these nasty chemicals from binding to cellular receptors, protecting our cells, though many men fear to take them.¹²⁻³³

Preventing the oxidation of lipids and hormones is another key protection strategy for men. The tools for this include fat-soluble antioxidants (reducing agents) such as the vitamin E "family" of natural tocopherols and tocotrienols, alpha-lipoic acid, and Coenzyme Q10 (CoQ10 as Ubiquinone or Ubiquinol). These antioxidants are supported by water-soluble antioxidants vitamin C (ascorbate), grape seed or pine bark extracts (Pycnogenol®), and various other plant-derived antioxidants such as polyphenols, bioflavonoids, etc. Zinc and copper support an endogenous antioxidant system based on S.O.D. (superoxide dismutase) and glutathione, while selenium supports vitamin E activities.

Interestingly, melatonin has also been shown to have substantial antioxidant activity in vivo that positively affects hormones, lipids, and sperm characteristics.*³⁴⁻³⁵

Virility and fertility can be supported by these nutrients, as well. Additionally, certain other nutrients and herbs are associated with improvements in male health and performance:

- **Panax Ginseng** can help with erectile dysfunction and may be useful for libido and arousal. Some studies show that it can increase testosterone levels, reportedly by stimulating the pituitary gland to release luteinizing hormone. Ginseng may also increase nitric oxide and reduce the pituitary hormone prolactin, which is associated with impotence in men.*⁴⁶⁻⁵⁰
- **LJ100™** is a potent standardized extract of *Eurycoma longifolia*, commonly known as Tongkat Ali or Long Jack contains bioactive Eurypeptides as active constituents. Clinical and non-clinical studies have shown that Tongkat Ali extracts support male reproductive function and healthy testosterone levels.*⁵¹⁻⁵⁷
- **Tribulus terrestris** extract has shown virility-supporting effects in scientific studies, reportedly increasing sexual desire and enhancing erectile function in men. Tribulus may stimulate the release of luteinizing hormone (from the pituitary), which stimulates the testes to produce testosterone, which can affect libido. The herb also is reported to increase nitric oxide, which would improve the ability to achieve erections.*^{48, 58-60}
- The consumption of plant sterols, such as beta-sitosterol, may be useful for the prostate, as well. A Saw Palmetto extract providing around 320 mg of 85-95% sterols daily may be beneficial to prostate health. The fats in pumpkin seed oil contain similar compounds, though more dilute. A number of studies support a positive role for saw palmetto in the management of BPH, reducing frequent or difficult urination and shrinking enlarged tissue.*^{48, 61-64}
- **ZMA®**, a patent-pending complex of Zinc L-Monomethionine, Magnesium, Zinc Aspartate, and Pyridoxine HCl, is used for the support of healthy immune, reproductive and neuromuscular function.*^{34, 35, 65-67}

• Additionally, the use of broccoli sprouts and cruciferous vegetables may support proper liver detoxification and body elimination of chemicals.*⁶⁸⁻⁷²

References at www.protocolforlife.com

See www.protocolforlife.com for more products



Recommended Men's products

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

New!

Ortho Multi™ Greens



- Fortified with Green Superfood Concentrates
- Organically grown Barley Grass & Wheat Grass
- Spirulina, Chlorella (broken cell wall) & Alfalfa Leaf Juice Concentrate
- Iron-Free

Code Size
P3788 180 Vcaps®

Supplement Facts	
Serving Size 2 Vcaps®	
Servings Per Container 90	
	Amount Per Serving
Beta-Carotene (as pro-Vitamin A 7.5 mg)	12,500 IU
Vitamin C (from Calcium Ascorbate)	250 mg
Vitamin D (as Ergocalciferol - vegetarian source)	100 IU
Vitamin E (from d-alpha Tocopheryl Succinate)	100 IU
Thiamine (Vitamin B-1) (from Thiamine HCl)	25 mg
Riboflavin (Vitamin B-2)	25 mg
Niacin (Vitamin B-3) (from Niacinamide)	25 mg
Vitamin B-6 (from Pyridoxine HCl)	25 mg
Folate (as Folic Acid)	400 mcg
Vitamin B12 (as Cyanocobalamin)	100 mcg
Biotin	50 mcg
Pantothenic Acid (from Calcium Pantothenate)	50 mcg
Calcium (from Ascorbate, Carbonate and Citrate)	50 mg
Iodine (from Kelp)	75 mcg
Magnesium (from Oxide and Citrate),	50 mg
Zinc (from Zinc Picolinate)	7.5 mg
Selenium (from L-Selenomethionine)	25 mcg
Copper (from Amino Acid Chelate)	2.5 mcg
Manganese (from Amino Acid Chelate)	2.5 mg
Chromium (from Chromium Picolinate)	50 mcg
Molybdenum (from Amino Acid Chelate)	25 mcg
Potassium (from Potassium Chloride)	12.5 mg

Boron (from Amino Acid Chelate)	0.5 mg
Vanadium (from Amino Acid Chelate)	25 mcg
Spirulina (Organically Grown)	125 mg
Barley Grass (Organically Grown)	125 mg
Chlorella (Broken Cell Wall)	50 mg
Wheat Grass (Organically Grown)	50 mg
Alfalfa Juice Concentrate (Leaf)	50 mg
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf) (60% Polyphenols, 40% Catechins) (Contains 1 mg of naturally occurring caffeine)	25 mg
Choline (from Choline Bitartrate)	25 mg
Inositol	25 mg
PABA	15 mg
Trace Mineral Concentrate	50 mg
Panax Ginseng (5% Ginsenosides) (Root)	50 mg
Citrus Bioflavonoids (37% Bioflavonoids as Hesperidin)	25 mg
Rutin	12.5 mg
Bromelain (2000 GDU from Pineapple)	25 mg
Papain (140 MCU from Papaya)	12.5 mg
Pepsin Enzymes (NF 1:10,000)	12.5 mg
Lipase (3,400 USP units)	12.5 mg
Amylase (20,000 USP units)	5 mg

New!

D-Ribose Powder



- 100% Pure D-Ribose Powder (Bioenergy RIBOSE™)
- Fuels ATP Energy Production*
- Vegetarian Product

Code Size
P2147 300 g

Supplement Facts	
Serving Size: 2 Level Teaspoons (5 g)	
Servings Per Container: 45	
	Amount Per Serving
Calories	20
Total Carbohydrate	5 g
D-Ribose Powder (Bioenergy RIBOSE™)	5 g (5,000 mg)

New!

Enzymes-HCl™



- A comprehensive blend of plant & animal derived enzymes
- Betaine HCl (from beets and molasses)
- Plus Bromelain, Ox Bile, Pancreatin and Papain
- Formulated to optimize the breakdown of fats, carbohydrates and protein for maximum assimilation*

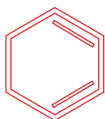
Code Size
P2963 120 Caps

Supplement Facts	
Serving Size: 1 Capsule	
Servings Per Container: 90	
	Amount Per Serving
Betaine HCl (from beets and molasses)	200 mg
Pancreatin 4X	200 mg
Supplying: Amylase	20,000 USP Units
Protease	20,000 USP Units
Lipase	3,400 USP Units
Ox Bile Extract (45% Cholic Acid)	100 mg
Bromelain 2,400 GDU/g (from pineapple)	50 mg
Papain 2M USP units/g Powder (from papaya)	50 mg
Pepsin NF 1:10m Units/g Powder	50 mg
Papaya Fruit Powder	45 mg
Pineapple Juice Powder	45 mg
Cellulase 1M FCC/g Powder	10 mg

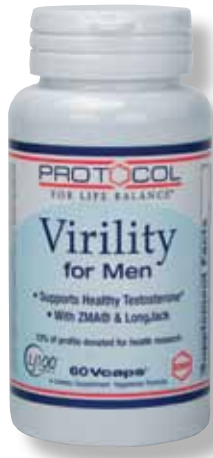
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Code	Products	Size
P0105	5-HTP 100 mg	90 Vcaps®
P0108	5-HTP 200 mg + Tyrosine	60 Vcaps®
P1811	A - Biotic™ Enteric Coated, Potent	60 Gels
P0076	Acetyl-L-Carnitine 500	100 Vcaps®
P3344	Adrenal Cortisol Support™	90 Vcaps®
P3032	AHCC® 500 mg	60 Vcaps®
P3282	Aller-All™ Seasonal Support	60 Tabs
P3036	Aloe Vera 5,000	100 Gel
P3042	Alpha Lipoic Acid 250 mg	90 Vcaps®
P3046	Alpha Lipoic Acid 600 mg Plus	60 Vcaps®
P2958	BioCore® Enhanced Enzymes	90 Vcaps®
P0471	Biotin 5000 mcg	90 Vcaps®
P1228	Bone Strength™	180 Caps
P1720	Borage/GLA 1050 mg	60 Gels
P3303	Brain Regain™	60 Vcaps®
P3063	Brocco Immune™	60 Vcaps®
P2943	Bromelain 2400 gdu/500 mg	90 Vcaps®
P1268	Cal-Mag, Liquid, Lemon	16 oz
P3308	C.Away™	90 Vcaps®
P1675	CardioTri-Plex™ NEW!	120 Gels
P0072	L-Carnitine 500 mg Carnipure®	60 Caps
P3019	Celadrin® Joint Liposome Lotion	4 oz
P9470	Protocol Celadrin® Tabletop Display NEW!	12 Bottles
P1415	ChromeMate® 200 mcg	90 Caps
P1731	CLA Away™	90 Gels
P0405	CoEnzyme B Complex	60 Tabs
P3163	CoQ10 60 mg + Fish Oils	90 Gels
P3208	CoQ10 100 mg Softgels	90 Gels
P3196	CoQ10 200 mg Lozenges	60 Loz
P3198	CoQ10 400 mg Softgels	60 Gels
P3182	CoQ10 600 mg Softgels	60 Gels
P3185	CoQ10 Liquid 100 mg/tsp	1 oz
P3186	CoQ10 Liquid 100 mg/tsp	4 oz
P3158	CoQ10 100% Pure Powder	1 oz/28g
P4632	Cranberry Stand. 6%/Uva Ursi	90 Vcaps®
P4638	Curcumin 665 mg 95% Extract	60 Vcaps®
P3121	D-Flame™ Cox-2 Formula	90 Vcaps®
P2811	D-Mannose Urinary 500 mg	90 Caps
P2147	D-Ribose Powder NEW!	300 g
P2956	Dairy Digestion™	90 Vcaps®
P4704	EGCg 400 mg/50%	90 Vcaps®
P2963	Enzyme HCl™ NEW!	120 Caps
P1770	Flax Seed Oil 1000 mg Organic	120 Gels
P0498	Flush Free Niacin 500 mg	90 Vcaps®
P4683	Ginkgo Biloba 120 mg/24% Plus	100 Vcaps®
P3048	GliSODin® 100 mg/Wheat Grass	90 Vcaps®
P3170	Gluc/Chond/MSM Caps	90 Caps
P3172	Gluc/Chond/MSM Caps	180 Caps
P3243	Gluc/Chond 2 per day, Extra Strength	120 Tab
P3130	Gluc & MSM, Vegetarian 1000 mg	120 Vcaps®
P3175	Liquid Glucosamine, Chond, MSM	16 oz
P3318	Glucose Balance™	90 Caps
P0094	L-Glutamine 1000 mg	120 Caps
P3274	Grape Seed OPC 250 mg Extract	90 Vcaps®
P3055	Immune Renew™ (Org. Mushrooms)	90 Vcaps®
P3134	Joint•UC Collagen NEW!	60 Vcaps®
P1625	Krill Oil 500 mg NEW!	60 Gels
P2448	Liver Detox™ - Dr. Verghese	90 Caps
P3062	LYC-O-MATO® 20 mg Lycopene	60 Gels
P3258	Melatonin 3 mg Lozenge & B-6	120 Loz
P3326	MetaboEnergetics™	90 Caps
P0495	Methyl B-12 1,000 mcg	100 Loz
P0496	Methyl B-12 5,000 mcg	60 Loz
P4739	Milk Thistle 300 mg/80% Plus	90 Vcaps®

P2120	MSM 1,000 mg	180 Caps
P0085	NAC N-acetyl cysteine 600 mg + Antioxidants	100 Caps
P3140	Nattokinase 100 mg/2000 FU units	60 Vcaps®
P3301	Ocu Support™ Clinical Strength	90 Caps
P1659	Omega-3 Lemon Liquid /Molecularly Distilled	7 oz
P1656	Omega-3/Enter 180/120 /Molecularly Distilled	90 Gels
P1657	Omega-3/Enter 180/120 /Molecularly Distilled	180 Gels
P1661	Ultra Omega-3 500/250/Molecularly Distilled	90 Gels
P3281	Ortho Detox™	90 Caps
P2912	Ortho Dophilus™ 8 Strains, 4 Billion	60 Vcaps®
P0950	Ortho-E™ NON-GE	60 Gels
P3788	Ortho Multi™ Greens NEW!	180 Vcaps®
P3772	Ortho Multi™ Liquid - Iron Free/Xylitol	16 oz
P3816	Ortho Multi™ Softgel w/ Flax 400 mg	90 Gels
P3878	Ortho Multi™ for Men Caps	90 Vcaps®
P3875	Ortho Multi™ for Men Tabs	90 Tabs
P3798	Ortho Multi™ for Women Caps	120 Vcaps®
P3796	Ortho Multi™ for Women Tabs	90 Tabs
P3340	Ortho Prostate™	90 Gels
P3368	Ortho Thyroid™	90 Vcaps®
P1413	OsteoBoron® 3 mg, Natural Form/base	90 Vcaps®
P0460	P-5-P 50 mg CoEnzyme B-6	60 Tabs
P0487	Pantethine 300 mg Co-enzyme A	60 Gels
P4727	Peppermint Oil G.I.™ Enteric	90 Gels
P3345	PepZin G.I.® Soothe™	60 Tabs
P2385	Phosphatidyl Serine 100 mg & Ginkgo 60 mg	60 Gels
P3338	Progesterone Cream Pump - 20 mg	3 oz
P5955	ProtoClear™ Berry Flavor	2.55 lbs
P5956	ProtoClear™ Berry Sample Packet	27.5 g
P5957	ProtoClear™ Orange Flavor	2.55 lbs
P5958	ProtoClear™ Orange Sample Packet	27.5 g
P5960	ProtoClear™ Vanilla Flavor NEW!	2.55 lbs
P5961	ProtoClear™ Vanilla Sample Packet NEW!	27.5 g
8931	ProtoClear™ Premium Shaker Cup NEW!	12 oz
P0716	ProtoSorb™ C 500	100 Vcaps®
P0726	ProtoSorb™ C 1000	100 Tabs
P3277	Pycnogenol® 60 mg & Rutin	50 Vcaps®
P3321	Red Yeast & CoQ10 30 mg, ALA	90 Vcaps®
P3500	Red Yeast Rice Extract 600	90 Vcaps®
P3353	Resveratrol 200 mg NEW!	60 Vcaps®
P0138	SAMe 200 mg Enteric + B Complex	60 Tabs
P4756	Saw Prostetto™ 320 mg/85-95% Extract	90 Gels
P1485	Selenium 200 mcg, Yeast-Free	90 Vcaps®
P2954	Serrazimes® 33 mg/20,000 units	90 Vcaps®
P1905	Slimaluma® Plus	60 Vcaps®
P6957	Stevia Complete Packets	100/box
P6955	Stevia Non-Bitter Liquid, Sweet	2 fl oz
P6960	Stevia Non-Bitter Powder, Sweet	1 oz
P3507	Sytrinol® Cholesterol Formula	60 Vcaps®
P0142	Taurine 1000 mg Caps	100 Caps
P3380	True Balance™ Multi	120 Caps
P0166	L-Tryptophan 500 mg	60 Vcaps®
P0167	L-Tryptophan 500 mg	120 Vcaps®
P3145	Ubiquinol CoQH-CF™ 50 mg	60 Gels
P3123	Vein Integrity™ with Trunorin®	90 Vcaps®
P2168	Virility For Men with LJ100®	60 Vcaps®
P0452	Vitamin B-12 Liquid Tri-Formula 5,000 mcg	4 oz
P0690	Vitamin C-1000 Cap+100 Bioflavonoids	120 Caps
P0365	Vitamin D-3 1,000 IU, Natural	120 Gels
P0367	Vitamin D-3 2,000 IU, Natural	120 Gels
P0372	Vitamin D-3 5000 IU, Natural	120 Gels
P0370	Liquid Vitamin D-3 5000 IU, Natural	2 oz
P0906	Vitamin E-400 20% Mixed + Selenium	120 Gels



Virility for Men



Today's men are looking for products that enhance their lives in everything they do; products that increase energy, strength, endurance, stamina, and sexual function. Because men have specific nutritional needs, Virility for Men was developed to satisfy these important requirements.*

Virility for Men contains a very powerful extract of *Eurycoma longifolia*, (known as Tongkat Ali or Long Jack), and studies have demonstrated its distinctive support for the male reproductive function and healthy testosterone levels. LJ100™ is the preferred form of this herb, used by many health experts in formulating their products. This is because of the high quality and high potency of this extract. LJ100™ utilizes a proprietary extraction process to yield over 20% bioactive glycopeptide compounds, which have been shown to increase free testosterone levels in human clinical trials. This becomes increasingly important with men over 40 years old that lack their former youthful vigor.*

Supplement Facts

Serving Size 2 Vcaps®

	Amount Per Serving
Vitamin B-6 (from Pyridoxine HCl)	3.5 mg
Magnesium (from Magnesium Aspartate)	150 mg
Zinc (from Zinc L-Monomethionine and Zinc Aspartate)	10 mg
ZMA® (Patent Pending complex of Zinc L-Monomethionine, Magnesium/Zinc Aspartate, and Pyridoxine HCl)	808 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) (Root)	300 mg
<i>Tribulus terrestris</i> Extract (Fruit) (min. 20% Protodioscin)	250 mg
LJ100™ Tongkat Ali (<i>Eurycoma longifolia</i> Extract) (Root) (18 - 28% Eurypeptides)	50 mg

- Male Performance Formula / • Increases Virility*
- Supports Healthy Testosterone* / • Vegetarian Formula

Code Size
P2168 60 Vcaps®

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