

# Protocol for Nutritional **MEN'S HEALTH** Support

Practitioner Information - Protocol For Life Balance™ Supplements

Men and women have differing nutritional needs based upon physiological risk factors, hormonal balances, ability to clear iron, and so forth and so on. This protocol addresses both general factors, such as inflammatory regulation, and specific needs, such as supporting prostate health. The individual components below can be combined as a protocol for more complete support.

## Ortho Multi™ for Men

Good general nutrition is the foundation of any successful program. This multiple emphasizes balance, gender specificity in its selection and level of nutrients, plus the inclusion of herbs and other ingredients that complement one another in the support of male health. It is a core around which further supplementation can be built.

Ortho Multi™ for Men contains Saw Palmetto Extract, Nettle Root Extract, Panax ginseng, ZMA® (a patented form of Zinc), Ginkgo biloba Extract, Kelp, Vitamins C, D, E, K, B-6, B-12, Thiamine, Riboflavin, Folate, Niacin, Biotin, Pantothenic Acid, Choline, Inositol, Calcium, Iodine, Magnesium, Selenium, Copper, Manganese, Chromium, Potassium, Molybdenum, Boron, Vanadium, *alpha*-Lipoic Acid, CoQ10, Grape Seed Extract, Bromelain, Lipase, Papain, Amylase, LYC-O-MATO® Lycopene and FloraGLO® Lutein.

### Cautions and interactions

Supports general nutritional status. There are no special safety concerns when used as directed.

## Lyc-O-Mato® Lycopene

Lycopene is a bright red pigment related to beta-carotene, but which is much more efficient as an antioxidant. The tomato is the richest common natural source. High levels of lycopene consumption and high blood levels of lycopene consistently have been associated in research studies with support for prostate health and with the promotion of proper cell replication in the tissues of the digestive tract. Studies have indicated that lycopene offers protection against age-related macular degeneration (i.e., damage to the eyes), against sun damage to the skin, and even against a decline in our abilities to function independently as we grow older (1 – 3).

This tomato-derived carotenoid may influence cell replication regulation by activating special enzymes which function to eliminate toxins. When Israeli researchers incubated breast and liver cells with lycopene, they found this stimulated the production of phase II detoxification enzymes. Phase II enzymes help the body to rid itself of toxic substances. It has been proposed that the expression of phase II enzymes is regulated by an "antioxidant response element" (ARE) and that this element is involved in helping the body maintain normal cell replication (4).

### Cautions and interactions

There are no known interactions.

## Ortho Prostate™

This item provides a synergistic formulation of standardized extracts of herbs and nutrients proven to promote normal prostate function, urine flow and healthy cell replication. Extracts of saw palmetto, pygeum and stinging nettle root have been shown to regulate dihydrotestosterone (DHT) levels in prostate cells, influence the activity of the androgen receptor (AR) and protect against excess estrogen production (from aromatase enzymes). Lycopene supports gene function and proper prostate cell replication.

### Cautions and interactions

Studies on saw palmetto, pygeum, stinging nettle extract and various combinations of these have reported good tolerance and side effects similar to placebo. The most likely side effects are gastrointestinal. May interact with anticoagulants, such as warfarin, but reports are inconsistent on this point. Some Internet sites claim an interaction, although a major review found no drug interactions.

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

## Ultra Omega-3 (Molecularly Distilled)

Omega-3 Fatty Acids (FAs) found in fish oils are widely recognized for a variety of health benefits. The most important omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Studies have demonstrated that omega-3 FAs are important in numerous signaling pathways. Most notably, EPA is a precursor of certain prostaglandins and leukotrienes, molecules that are involved in modulating inflammatory responses. These two classes of signaling molecules are critical for the maintenance of cardiovascular health and immune system function. Moreover, long-chain omega-3 fatty acids from fish oil decrease the production of inflammatory cytokines and eicosanoids. These fatty acids act both directly (by replacing arachidonic acid as an eicosanoid substrate and by inhibiting arachidonic acid metabolism) and indirectly (by altering the expression of inflammatory genes through effects on transcription factor activation) (5).

Even at levels of intake that do not significantly modulate cytokine levels, omega-3 fatty acids can positively influence plasma concentrations of soluble vascular cell adhesion molecule-1 and soluble E-selectin, factors important to endothelial function (6). Recent clinical studies have emphasized the beneficial impact of omega-3s on serum lipid metabolism. The FDA allows the claim that the consumption of omega-3 fatty acids may reduce the risk of coronary heart disease.

### Cautions and interactions

Omega-3 fatty acids may interact with aspirin or warfarin. In addition, omega-3 fatty acids may interact with cholesterol-lowering statin medications. Omega-3 fatty acids may be used as a dietary supplement if taking certain medications, including cyclosporine, and may interact with topical corticosteroid treatment.

## Additional Support

### Saw Prostetto™, Ortho-E™, Virility for Men

Options include increasing intake of saw palmetto (Saw Prostetto™) in cases in which more protection for prostate health is desired. For this purpose, a stand-alone product is supplied.

For sexual function, Protocol for Life Balance™ Virility for Men contains a standardized extract of *Eurycoma longifolia*, commonly known as Tongkat Ali or Long Jack. Clinical and non-clinical studies have shown that Tongkat Ali extracts support male reproductive function and healthy testosterone levels. Tribulus has been included for its virility supporting effects as shown in scientific studies.

Ortho-E™ is a unique biologically balanced, patent-pending formula designed to provide optimal Vitamin E activity. This product features 100% natural, Non-Genetically Modified sources of all 8 isomers (forms) of the vitamin E "family" in ratios similar to what is found in a healthy diet. It provides the superior benefits of food source vitamin E versus those obtained from traditional E supplements.

References available at [www.protocolforlife.com](http://www.protocolforlife.com)

### Ortho Multi™ for Men

(Suggested: 3 capsules daily, or 1 tablet twice daily)

\_\_\_ **X** \_\_\_

### Lyc-O-Mato®

(Suggested: 1 daily)

\_\_\_ **X** \_\_\_

### Ortho Prostate™

(Suggested: 1 twice daily)

\_\_\_ **X** \_\_\_

### Ultra Omega-3

(Suggested: 4 softgels or 1 tsp. Liquid Omega-3 daily)

\_\_\_ **X** \_\_\_

## Additional Support Products:

### Saw Prostetto™

(Suggested: 2 twice daily)

\_\_\_ **X** \_\_\_

### Ortho-E™

(Suggested: 1 daily)

\_\_\_ **X** \_\_\_

### Virility for Men

(Suggested: 2 once or twice daily)

\_\_\_ **X** \_\_\_

Please note the instructions, cautions and interactions on each product package, and begin each new product separately, in turn. Use only under the supervision of a qualified health practitioner.