



## Active Ingredients:

Beta Sitosterol, Saw Palmetto, Quercetin, Lycopene

Other ingredients: Vegetale Capsules, MCC, Silicon Dioxide

**Recommended Serving:  
2 capsules daily**

## Product Summary

Unlike any product on the market today, ProstaKare is recommended by Certified Physicians. Created by Dr. Richard Mynatt, a Board Certified Urologist, ProstaKare is packed with key ingredients, such as Beta Sitosterol, Saw Palmetto, Lycopene, and Quercetin. "As a urologist, I'm surprised that nobody has come out with this product in the past. We at Physicians Forever Young are proud to make ProstaKare available as the most complete prostate formula on the market today." – **Dr. Richard Mynatt, Creator of ProstaKare**

The brainchild of Urologist Dr. Richard Mynatt, ProstaKare was created with one thing in mind: you. With so many activities going on in your life, we understand that preventive care may be the last thing on your huge list of things to do. With ProstaKare, you only worry about taking one medication for total prostate health! ProstaKare addresses BPH or enlarged prostate with 2 potent ingredients; these are Saw Palmetto and Beta-Sitosterol. ProstaKare also contains Quercetin which addresses prostatitis, and inflammation of the prostate. ProstaKare also contains Lycopene, which in some studies has been shown to help prevent prostate cancer.

## Ingredient Highlights

### Beta-sitosterol

Beta-sitosterol is a naturally occurring plant sterol found in a variety of foods, including fruits,

vegetables, nuts, and seeds. It is structurally similar to cholesterol and is classified as a phytosterol, which are plant-derived compounds that are chemically similar to cholesterol.

Beta-sitosterol is known for its potential health benefits, particularly in the context of cardiovascular health and prostate health. Here are some key points about beta-sitosterol:

- 1. Cholesterol-Lowering Effects:** Beta-sitosterol is believed to interfere with the absorption of cholesterol in the intestines, leading to lower levels of LDL (low-density lipoprotein) cholesterol, often referred to as "bad" cholesterol. This can potentially contribute to a reduced risk of cardiovascular diseases.
- 2. Prostate Health:** Beta-sitosterol has been studied for its potential benefits in managing symptoms of benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate gland that can lead to urinary issues in older men. Some research suggests that beta-sitosterol might help improve urinary flow and reduce symptoms related to BPH.
- 3. Anti-Inflammatory Properties:** Beta-sitosterol also possesses anti-inflammatory properties that might be beneficial for various health conditions, including arthritis and other inflammatory diseases.
- 4. Immune System Support:** Some studies have suggested that beta-sitosterol might have immune-enhancing effects, although more research is needed to fully understand this aspect of its potential benefits.
- 5. Other Uses:** Beta-sitosterol has been explored for its potential in managing conditions like diabetes, allergies, and certain skin conditions, although the evidence for these uses is less robust.



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## Research:

### Beta-sitosterol

<https://pubmed.ncbi.nlm.nih.gov/?term=Beta-sitosterol+>

### Saw Palmetto:

Saw palmetto (*Serenoa repens*) is a small palm plant native to the southeastern United States. It's primarily known for its berries, which have been used traditionally for various medicinal purposes. The berries of saw palmetto contain a mixture of fatty acids and phytosterols, which are believed to contribute to its potential health benefits.

Saw palmetto has been commonly used as a natural remedy for several conditions, most notably for its potential effects on prostate health. Some of its purported benefits include:

- **Benign Prostatic Hyperplasia (BPH):** Saw palmetto extract is often used as an alternative or complementary treatment for BPH, a non-cancerous enlargement of the prostate gland that can cause urinary symptoms. Some studies suggest that saw palmetto may help reduce urinary symptoms such as frequent urination, difficulty starting and stopping urination, and incomplete bladder emptying in men with mild to moderate BPH.
- **Hair Loss:** Some people believe that saw palmetto may help prevent or slow down hair loss, particularly in cases of male pattern baldness (androgenic alopecia). This is based on the idea that the plant's components could have an inhibitory effect on the enzyme 5-alpha-reductase, which converts testosterone into dihydrotestosterone (DHT), a hormone linked to hair loss.
- **Hormonal Balance:** Saw palmetto has been suggested to have hormonal effects, particularly in relation to testosterone and DHT. It's thought that its compounds might interact with hormone receptors in the body, potentially influencing hormone balance.

- **Anti-Inflammatory:** Some research suggests that saw palmetto might have anti-inflammatory properties, which could contribute to its effects on prostate health and other conditions.
- **Urinary Tract Infections:** Saw palmetto has been used historically to help treat urinary tract infections (UTIs), although scientific evidence supporting this use is limited.

## Research:

### Saw Palmetto

<https://pubmed.ncbi.nlm.nih.gov/?term=saw+palmetto>

### Quercetin:

Quercetin is a flavonoid compound that belongs to a class of plant pigments responsible for giving many fruits, vegetables, and flowers their vibrant colors. It is widely found in various plant-based foods, including apples, onions, berries, citrus fruits, grapes, broccoli, and leafy greens. Quercetin is known for its potential health benefits, and it has been studied for its antioxidant, anti-inflammatory, and immune-boosting properties. Some potential health effects of quercetin include:

- **Antioxidant Properties:** Quercetin acts as an antioxidant, helping to neutralize harmful free radicals in the body. This can contribute to protecting cells from oxidative stress and damage.
- **Anti-Inflammatory Effects:** Quercetin has been studied for its anti-inflammatory properties. It may help reduce the production and release of inflammatory molecules, potentially benefiting individuals with inflammatory conditions.



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- **Immune System Support:** Some research suggests that quercetin might have immune-modulating effects. It can help regulate the immune response and enhance the body's defense mechanisms.
- **Heart Health:** Quercetin may contribute to heart health by promoting healthy blood pressure, reducing the risk of blood clot formation, and improving blood vessel function.
- **Allergy Relief:** Quercetin has been investigated for its potential to reduce allergy symptoms, such as sneezing, runny nose, and itchy eyes. It may help stabilize mast cells, which release histamine during allergic reactions.
- **Cognitive Health:** Some studies have suggested that quercetin might have neuroprotective effects, potentially supporting brain health and cognitive function.
- **Exercise Performance:** Quercetin has been investigated for its potential to enhance endurance and exercise performance. Some studies have suggested that it might help increase mitochondrial biogenesis and improve oxygen utilization.

#### Research:

##### Quercetin

<https://pubmed.ncbi.nlm.nih.gov/?term=Beta-sitosterol+>

##### Lycopene:

Lycopene is a naturally occurring pigment and powerful antioxidant belonging to the class of compounds called carotenoids. Carotenoids are responsible for the vibrant red, orange, and yellow colors found in many fruits and vegetables. Lycopene, specifically, is responsible for the red color in foods like tomatoes, watermelon, pink grapefruit, and

certain other fruits and vegetables.

Lycopene is believed to have various health benefits due to its antioxidant properties, which help protect cells from damage caused by harmful molecules known as free radicals. Some potential health benefits of lycopene include:

- **Heart Health:** Lycopene has been studied for its potential to support heart health by reducing the risk of heart disease and improving cholesterol levels.
- **Eye Health:** Lycopene may play a role in promoting eye health and reducing the risk of age-related macular degeneration (AMD), a common eye condition that can lead to vision loss.
- **Skin Protection:** Lycopene's antioxidant properties may help protect the skin from damage caused by UV radiation and other environmental factors, potentially reducing the risk of skin aging and skin cancer.
- **Anti-Inflammatory Effects:** Lycopene may have anti-inflammatory properties, which could be beneficial for various inflammatory conditions.
- **Bone Health:** Some research suggests that lycopene might contribute to bone health by reducing oxidative stress and inflammation.
- **Brain Health:** Emerging research indicates that lycopene may play a role in supporting brain health and reducing the risk of neurodegenerative diseases, although more studies are needed.

#### Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=lycopene>

#### Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not use if band or inner seal are damaged or missing.
- Store in a cool dry place.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.