

## BIBLIOGRAPHY

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**The results of the study (320 mg dose of Sabal once a day for 10 years in 38 patients) showed a lack of progression: in terms of both subjective criteria (IPSS and the quality of life scores), and also objective criteria (volume of prostate, urination rate, volume of residual urine). Furthermore, patients did not experience unwanted effects directly linked to the use of their nutraceutical.**
2. Minutoli L, Bitto A, Squadrito F, Marini H, Irrera N, Morgia G, Passantino A, Altavilla D. Serenoa Repens, lycopene and selenium: a triple therapeutic approach to manage benign prostatic hyperplasia. Curr Med Chem. 2013;20(10):1306-12.  
**A combination of Sabal with Lycopene and Selenium (like that contained in Gersalus) can have a greater effect for benign prostatic hyperplasia treatment.**
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**This study was carried out to research the effects of pumpkin seed oil alone or combined with phytosterol-F on testosterone/prazosin-induced (TP) prostate growth in rats. Pumpkin seed oil alone or combined with phytosterol-F can block TP-induced increases in terms of prostatic weight – body weight and the synthesis of proteins.**
4. Larré S, Camparo P, Comperat E, Boulbés D, Haddoum M, Baulande S, Soularue P, Costa P, Cussenot O. Biological effect of human serum collected before and after oral intake of Pygeum africanum on various benign prostate cell cultures. Asian J Androl. 2012 May;14(3):499-504. doi: 10.1038/aj.2011.132. Epub 2011 Dec 26.  
**Oral intake of Pygeum africanum resulted in active substance serum levels that are sufficient to inhibit the proliferation of prostatic cell cultivated myofibroblasts.**
5. Stolarczyk M, Piwowarski JP, Granica S, Stefanska J, Naruszewicz M, Kiss AK. Extracts from Epilobium sp. Herbs, Their Components and Gut Microbiota Metabolites of Epilobium Ellagitannins, Urolithins, Inhibit Hormone-Dependent Prostate Cancer Cells-(LNCaP) Proliferation and PSA Secretion. Phytother Res. 2013 Feb 25. doi: 10.1002/ptr.4941.  
**The results of this study offer an explanation concerning the activity of Epilobium extracts and support the use of Epilobium solutions in the treatment of prostate diseases.**

Herbecom  
SAW PALMETTO

The prostate is a gland existing only in males. It is an internal organ that is found in the pelvis situated behind the pubis, in front of the rectum and immediately underneath the bladder.

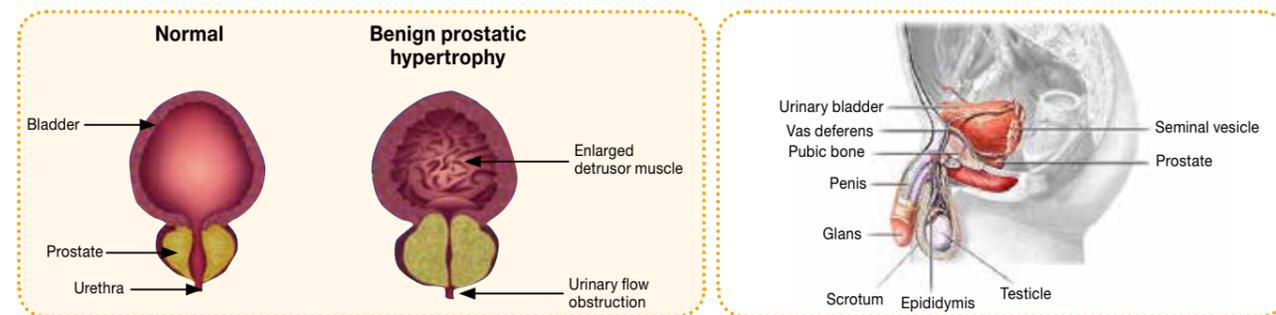
It envelopes and surrounds the first section of the urethra with its entire length covering it (prostatic urethra).

These anatomical characteristics make it easily understandable that all those changes and pathological processes, both benign and malignant, that occur in this gland cause, to a greater or lesser extent, changes to the urinary system function.

The prostate of a young man is about the size of a walnut. After the age of 50 it is very common for the prostate to increase in size. Over time, men are more likely to have prostatic problems.

### Some common problems are:

- **Prostatitis:** a disorder that includes a wide variety of changes spanning from an acute or subacute bacterial infection, to nonspecific symptoms of the lower genitourinary tract, characterised mainly by perineal or genital pain, urinary symptoms like dysuria (difficult, painful and incomplete urination) and pollakiuria (increased frequency of urination, which usually results in small voids), or sexual dysfunction of different kinds.
- **Benign prostatic hyperplasia:** an increase in the size of the prostate, which can cause drips after urinating and the need to urinate more frequently, especially at night.
- **Prostate cancer:** a common cancer that responds to treatment better when it is caught early.



**Herbecom** is a supplement recommended for prostate functional disorders.

### Indications:

- **Benign prostatic hyperplasia:** moderate or inoperable cases, reduction prior to adenomectomy or treatment for the after effects of surgery.
- It reduces **urinary disorders** or dysuria type disorders associated with a benign prostate adenoma: pollakiuria, dysuria, vesical tenesmus, nocturia, urinary urgency and frequency.
- **Acute prostatitis** chronic non-bacterial.
- **Vesiculitis.**
- **Idiopathic hypertrophic bladder.**
- **Contributory** supplement for male infertility treatments.
- Considerable **reduction of PSA.**



### Ingredientes:

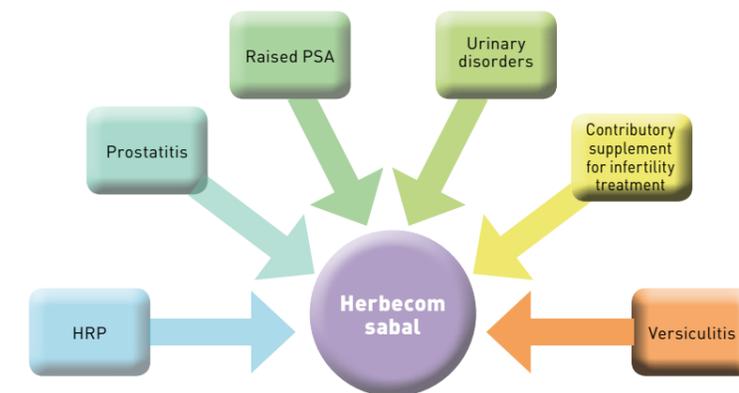
**Sabal:** in the case of an enlarged prostate it works by blocking the production of dihydrotestosterone, a substance derived from the male testosterone hormone, which stimulates the reproduction of the prostate cells. Sabal **stops the growth of the prostate** and significantly improves the symptoms such as the frequent need to urinate, and reduced urinary flow.

**Pumpkin seeds:** the unsaponifiable sterols have a pharmacological effect as an **anti-inflammatory** on benign prostatic adenomas.

**Pygeum:** has a **regenerating** effect on the **prostatic secretory epithelium**. It re-establishes the secretory function of the prostatic gland. It is an anti-inflammatory.

**Epilobium:** its phytosterols have an **anti-inflammatory and decongesting** effect on the prostate..

**Yam:** is a tuber that contains phytoestrogens (diosgenin) that help men to **reduce prostate inflammation**, to maintain muscle mass, energy levels and sexual function.



### Ingredients per 2 capsules:

Standardised nebulised extracts of:	Amount
Sabal ( <i>Serenoa repens</i> (W. Bartram))	300 mg
Pumpkin seeds ( <i>Cucurbita pepo</i> L.)	200 mg
Pygeum ( <i>Prunus africana</i> (Hook. f.))	100 mg
Epilobium ( <i>Epilobium angustifolium</i> L.)	100 mg
Yam ( <i>Dioscorea villosa</i> L.)	100 mg

### Presentation:

Packet of 60 capsules.

### Directions for use:

Take 1 capsule in the morning and the other at night, with meals.