



Pumpkin Seed Oil

Nature's Harmony® Pumpkin Seed Oil is a high-quality, natural source of beneficial polyunsaturated fatty acids and antioxidants that support prostate health and help to relieve the urinary symptoms associated with benign prostatic hyperplasia (BPH). Pumpkin seed oil may also reduce the risk of prostate cancer.

PRODUCT CODE: 400448

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Supports prostate health and helps relieve the urinary symptoms associated with BPH (benign prostatic hyperplasia).	Softgel	Take 1 or 2 softgels three times daily with meals. Use for a minimum of three months.

DESCRIPTION:

Each easy-to-swallow softgel of Nature's Harmony® Pumpkin Seed Oil contains 1000 mg of cold-pressed pumpkin (*Cucurbita pepo*) seed oil, providing 573 mg of linoleic acid, 234 mg of oleic acid, 122 mg of palmitic acid, and 60 mg of stearic acid. This product does not contain corn, dairy, egg, gluten, lactose, nuts, shellfish, soy, starch, sugar, sulfites, yeast, or artificial colours, flavours, or preservatives.

Recommended Daily Allowance: N/A

Food Sources: Pumpkin seeds.

Causes of Deficiency: Imbalance of dietary fatty acids.

Symptoms of Deficiency: Benign prostatic hyperplasia (BPH).

Complementary Nutrients: Saw palmetto herb.

HOW IT WORKS:

Pumpkin seed oil is rich in antioxidants and polyunsaturated fatty acids. A factor thought to contribute to enlargement of the prostate gland, or benign prostatic hyperplasia (BPH), is the overstimulation of prostate cells by testosterone and DHT (dihydrotestosterone). Pumpkin seed oil appears to interrupt this triggering of prostate cell multiplication by testosterone and DHT.



DID YOU KNOW...

Pumpkin seed oil has been used in folk medicine as a remedy for parasitic infections of the intestinal tract.

Pumpkin Seed Oil

RESEARCH:

Many studies have demonstrated the efficacy of pumpkin seed oil in treating the symptoms of benign prostatic hyperplasia (BPH). A study in Hungary using pumpkin seed oil on 60 patients in Stages I and II of BPH resulted in more than 80% of the patients experiencing improvement. The treatment improved urinary flow, eased painful urination, and reduced the frequency of nocturnal urination.

SIDE EFFECTS:

None known





INTERACTIONS AND SAFETY CONSIDERATIONS:

None known.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if pregnant or breastfeeding. If symptoms persist after six months, consult a health care practitioner.

LABEL:

 <p>Huile de graines de citrouille Pressée à froid 1000 mg</p> <p>Favorise la santé de la prostate</p> <p>90 gélules EN 124878</p>	<p>Usage recommandé: Soutient la santé de la prostate, Aide à soulager les symptômes urinaires associés à l'hypertrophie bénigne de la prostate.</p> <p>Dose recommandée (adultes): Prendre 1 ou 2 gélules, trois fois par jour, aux repas. Prendre pendant au moins trois mois.</p> <p>Ingédients médicinaux: Chaque gélule contient: Huile de graines de citrouille (<i>Cucurbita pepo</i>) 1000 mg</p> <p>fournissant:</p> <table border="0"> <tr><td>acide linoléique</td><td>573 mg</td></tr> <tr><td>acide oléique</td><td>234 mg</td></tr> <tr><td>acide palmitique</td><td>122 mg</td></tr> <tr><td>acide stéarique</td><td>60 mg</td></tr> </table> <p>Ingédients non médicinaux: gélatine, glycérine, eau.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites ou colorants, arômes ou agents de conservation artificiels.</p> <p>Information sur les risques: Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé si les symptômes persistent plus de six mois.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC, TENIR HORS DE PORTEE DES ENFANTS.</p>	acide linoléique	573 mg	acide oléique	234 mg	acide palmitique	122 mg	acide stéarique	60 mg	<p>Recommended Use: Supports prostate health. Helps to relieve the urinary symptoms associated with BPH (Benign Prostatic Hyperplasia).</p> <p>Recommended Dose (Adults): Take 1 or 2 softgels three times daily with meals. Use for a minimum of three months.</p> <p>Medicinal Ingredients: Each softgel contains: Pumpkin (<i>Cucurbita pepo</i>) seed oil 1000 mg</p> <p>providing:</p> <table border="0"> <tr><td>linoleic acid</td><td>573 mg</td></tr> <tr><td>oleic acid</td><td>234 mg</td></tr> <tr><td>palmitic acid</td><td>122 mg</td></tr> <tr><td>stearic acid</td><td>60 mg</td></tr> </table> <p>Non-medical Ingredients: Gelatin, glycerin, water.</p> <p>This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, or artificial colours, flavours or preservatives.</p> <p>Risk Information: Consult a health care practitioner before use if pregnant or breastfeeding. If symptoms persist after six months, consult a health care practitioner.</p> <p>STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	linoleic acid	573 mg	oleic acid	234 mg	palmitic acid	122 mg	stearic acid	60 mg	 <p>Pumpkin Seed Oil Cold-Pressed 1000 mg</p> <p>Supports Prostate Health</p> <p>90 Softgels EN 124878</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p> SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2X3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>0 63047 05817 5</p> <p>400468.01-04</p>
acide linoléique	573 mg																			
acide oléique	234 mg																			
acide palmitique	122 mg																			
acide stéarique	60 mg																			
linoleic acid	573 mg																			
oleic acid	234 mg																			
palmitic acid	122 mg																			
stearic acid	60 mg																			