



# ModuProst™

*Nature's Harmony® ModuProst™ is a blend of phytosterols and effective herbs that support and maintain prostate health. Harzol®, one of the main ingredients in ModuProst™, was created in Germany 30 years ago and was one of the leading products recommended by urologists for normalizing urinary flow parameters.*

PRODUCT CODE: 665180 (60 caps)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Supports prostate health by relieving symptoms associated with benign prostatic hyperplasia such as difficult voiding and retention of urine after voiding.	Capsule	Take 1 capsule twice daily or as recommended by a health care practitioner. Take with juice or water between meals.

## DESCRIPTION:

ModuProst™ consists of Harzol®, a proprietary blend of plant-derived sterols and sterolins, along with two herbs that have proven prostate health benefits—nettle root extract and saw palmetto berry extract. The addition of green tea leaf extract and tomato fruit extract (providing lycopene) further enhances the formula.

**Recommended Daily Allowance:** N/A

**Food Sources:** Lycopene-rich foods, such as tomatoes.

**Causes of Deficiency:** Prostate problems increase with age; by the age of 80 years, 90% of men suffer with prostate problems.

**Symptoms of Deficiency:** Irregular urinary function, including increased urinary frequency, dribbling or decreased flow of urine; pain during urination and difficulty starting or stopping urine flow.

**Complementary Nutrients:** Zinc, selenium and aged garlic extract may also help reduce the risk of prostate cancer and benign prostatic hyperplasia (prostate enlargement).

## HOW IT WORKS:

ModuProst™ supports normal healthy prostate function, promotes normal urinary patterns and helps prevent frequent urination at night.

- The sterols and sterolins in Harzol® are believed to help decrease abnormal proliferation of prostate tissue and also exert an anti-inflammatory effect.
- Saw palmetto helps block the conversion of testosterone to dihydrotestosterone (DHT) and may also inhibit Cox-2 expression. An increase in Cox-2 expression is associated with an increased incidence of prostate cancer.
- Nettle root contains polysaccharides that have demonstrated anti-inflammatory properties. Researchers suggest that nettle extract may suppress prostatic cell metabolism.
- Lycopene has potent antioxidant activity. Research has shown that it seems to have some direct effects within the prostate, specifically up-regulating tumour suppressor genes.
- Green tea contains polyphenols that have been identified as being effective antioxidants. It has also shown Cox-2-inhibiting activity, resulting in mild anti-inflammatory effects.

# ModuProst™

## RESEARCH:

Documented research and clinical trials show that Harzol®, saw palmetto and nettle all have significant prostate health benefits.

## SIDE EFFECTS:

Harzol® is well tolerated. In rare cases, saw palmetto may cause mild stomach upset or headache. Nettle may cause mild allergic reaction in some sensitive individuals.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Mild gastrointestinal upset may occur. Other urological conditions, including prostate cancer, may have similar symptoms. Consult a health care practitioner for regular examination as part of general prostate health or if you are taking prescription drugs.

Do not use this supplement if you are diabetic, an organ transplant recipient or have multiple sclerosis, unless on the recommendation and under the direct supervision of a health care professional.

## OTHER CONSIDERATIONS:

All men over 45 years of age would benefit from daily prostate supplements to improve their prostate health. A yearly prostate exam is highly recommended. Clinical trials support supplementation for at least one month before testing for results.

## LABEL:

**Front Panel (Left):** Nature's Harmony logo, ModuProst™ MC, "Favorise la santé de la prostate", 60 capsules végétales.

**Front Panel (Right):** Nature's Harmony logo, ModuProst™, "Supports Prostate Health", 60 Vegetarian Capsules.

**Back Panel (Left):**

**Usage recommandé :** Peut favoriser la santé de la prostate en soulageant les symptômes associés à l'hyperplasie prostatique bénigne, comme la difficulté de miction et la rétention d'urine après une miction.

**Posologie recommandée (adultes) :** Prendre 1 capsule deux fois par jour ou selon les recommandations d'un praticien de la santé. Pour des résultats optimaux, prendre avec du jus ou de l'eau entre les repas.

**Ingédients médicinaux :** Chaque capsule contient :

Harzol®	112 mg
fournissant: Stérols	0.10 mg
Stérols	0.10 mg

Extrait de baies de chou palmiste (Serenoa repens) (10% d'acides gras).....150 mg  
 Extrait de racine de grande ortie (Urtica dioica) (0.8 % stérols).....100 mg  
 Extrait de feuille et pousse de thé vert (Camellia sinensis) (50% de polyphénols au total).....50 mg  
 Lycopène extrait de tomate (Lycopersicon esculentum) 5%.....5 mg

**Ingédients non-médicinaux :** farine de riz, oxyde de silicium, stéarate de magnésium, cellulose.

Ce produit ne contient ni ingrédients laitiers, œuf, gluten, lactose, noix, crustacés, soya, sucre, sulfites, dérivés d'origine animale, ni colorants, arômes ou agents de conservation artificiels.

**Information sur les risques :** De légers maux de ventre occasionnels peuvent se produire. D'autres troubles urologiques comme le cancer de la prostate peuvent occasionner des symptômes similaires. Consultez un praticien de la santé afin de subir un examen régulier de la prostate ou si vous prenez des médicaments sur ordonnance.

RANGER DANS UN ENDROIT FRAIS ET SEC. HORS DE LA PORTÉE DES ENFANTS

**Back Panel (Right):**

**Recommended Use:** Supports prostate health by relieving symptoms associated with benign prostatic hyperplasia such as difficult voiding and retention of urine after voiding.

**Recommended Dose (Adults):** Take 1 capsule twice daily or as directed by a health care practitioner. For best results take with juice or water between meals.

**Medicinal Ingredients:** Each capsule contains:

Harzol®	112 mg
providing: Sterols	0.10 mg
Sterols	0.10 mg

Saw Palmetto (Serenoa repens) Berry Extract (10% fatty acid).....150 mg  
 Nettle (Urtica dioica) Root Extract (0.8% sterols).....100 mg  
 Green Tea (Camellia sinensis) leaf and shoot (50% total polyphenols).....50 mg  
 Tomato Fruit (Lycopersicon esculentum) Extract (5% lycopene).....5 mg

**Non-medicinal ingredients:** Rice flour, silicon dioxide, magnesium stearate, cellulose.

This product does not contain dairy, egg, gluten, lactose, nuts, shellfish, soy, sugar, sulfites, animal derivatives, or artificial colours, flavours or preservatives.

**Risk Information:** Mild gastrointestinal upset may occur. Other urological conditions including prostate cancer may have similar symptoms. Consult a health care practitioner for regular examination as part of general prostate health or if you are taking prescription drugs.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN

**Actual Size Grandeur réelle**

**DO NOT USE IF UNDER CAP SEAL IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.**

This US patented formula is manufactured in Canada for / Cette formule brevetée aux États-Unis est fabriquée au Canada pour : Purity Life Health Products Ltd. 8 Commerce Cres., Acton ON L7J 2K3. For more information visit / Pour plus de précisions, visiter le site [www.moducare.com](http://www.moducare.com) or [www.naturesharmony.com](http://www.naturesharmony.com) or call / ou composez le 1-877-929-2548.

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## DID YOU KNOW...

Prostate cancer is now the most commonly diagnosed form of cancer in Canadian men.