

The prostate is a small gland of the male reproductive system that often enlarges with age. Extensive research done on prostate issues and several nutrients shows a number of plants and micronutrients may play a role in preventing or delaying prostate-related problems in males. Our **Prostate Support Softgels** contain nutrients in amounts studied to specifically maintain men's health.[†]

Plant sterols (such as beta-sitosterol) and Pumpkin Seed Oil: May assist with vascular health which may improve blood flow.[†]

Lycopene, Vitamin E, Selenium and Zinc: Antioxidants which may play specific roles in prostate health.[†]

Soy and Green Tea: Nutrients studied that may affect cell activities in the prostate gland.[†]

Saw Palmetto and Nettle: Herbs containing naturally occurring phytosterols, used for centuries to benefit the prostate.[†]

Typical Fatty Acid composition:	
Alpha-Linolenic Acid (Omega-3)	6 mg
Linoleic Acid (Omega-6)	590 mg
Oleic Acid (Omega-9)	322 mg



Lyc-O-Mato® is a registered trademark of Lycored, Natural Product Industries, Ltd.

To report a serious adverse event, call 1-888-710-0006



**Key Nutrients for
a Healthy Prostate[†]**

DIETARY SUPPLEMENT 60 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat.....	1 g	2%**
Vitamin E (as d-alpha tocopherol).....	30 IU	100%
Zinc (from zinc picolinate).....	15 mg	100%
Selenium (from L-Selenomethionine)	60 mcg	86%
Pumpkin Seed Oil (cold pressed).....	1,200 mg	*
Saw Palmetto (<i>Serenoa repens</i>) (berry) standardized to 85-95% fatty acids and sterols	300 mg	*
Nettle (<i>Urtica dioica</i>) (root)	150 mg	*
Phytosterols (44 mg from beta-sitosterol)	100 mg	*
Green Tea Extract standardized to 95% polyphenols	100 mg	*
Soy Isoflavones (non-GMO).....	50 mg	*
Lycopene (Lyc-O-Mato®).....	5 mg	*

* Daily Value not established. ** Percent Daily Value is based on a 2,000 calorie diet.

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com

OTHER INGREDIENTS:
SOFTGEL (GELATIN, GLYCERIN,
TURMERIC, SODIUM COPPER
CHLOROPHYLLIN), NATURAL
BEESWAX (YELLOW), SOY
LECITHIN. CONTAINS SOY.

SUGGESTED USE: Take two
softgels daily with meals.

CONTAINS NO artificial colors,
flavors or preservatives; no
wheat, gluten, milk, eggs,
peanuts, tree nuts, crustacean
shellfish or fish.

Keep out of reach of children.
Store in a cool, dry place. Do not
use this product if the safety seal

**†This statement has not been
evaluated by the Food and Drug
Administration. This product is
not intended to diagnose, treat,
cure or prevent any disease.**

Made in the USA

VVL 154-60G