

# SP Ultimate

Enhanced support for healthy prostate function and prostate cellular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Prostate health and urinary function support<sup>†</sup>

## BENEFITS

- Promotes prostate health and function<sup>†</sup>
- Supports healthy urinary function<sup>†</sup>
- Promotes healthy hormone metabolism and enzyme activity<sup>†</sup>
- Provides antioxidant support and promotes healthy prostate cell cycle function<sup>†</sup>

## FEATURES

- A comprehensive blend of herbs, vitamins, minerals and antioxidants
- Made with vegetarian ingredients

## VERIFIABLE SCIENCE

Saw palmetto, pygeum and beta-sitosterol offer support for healthy urinary function, in part by maintaining healthy hormone metabolism and enzyme activities.<sup>1,2,3</sup> A meta-analysis involving 18 randomized controlled trials and almost 3,000 men indicated that saw palmetto provided positive support for urinary health.<sup>4</sup> In a related meta-analysis, pygeum demonstrated similar support.<sup>5</sup> A randomized, double-blind, placebo-controlled, multicenter study with 200 male subjects revealed that beta-sitosterol also provides promising urinary function support.<sup>6</sup> These actions are combined with the extensive prostate cell support potential of antioxidants, vitamins, minerals and herbs included in this formula. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health.<sup>7</sup> Healthy plasma concentrations of selenium and zinc have also been associated with maintaining healthy prostate cell metabolism.<sup>8,9</sup> Vitamin D, curcumin and green tea play key roles in prostate cell health, including support for healthy matrix metalloproteinase (MMP) activity, cell receptor function and cell signaling.<sup>10,11,12</sup> Pomegranate and silymarin provide enhanced antioxidant support and promote healthy prostate cell cycle function.<sup>13,14†</sup>

## SUGGESTED USE

As a dietary supplement, take 3 capsules daily, with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health professional before use.

## SOURCE

- Vitamin D<sub>3</sub> is derived from lanolin
- Vitamin E (d-alpha tocopherol succinate) is derived from highly purified soybean oil
- Zinc is sourced from the lime of rock
- Citrate is derived from corn fermentation
- Selenium is derived from selenium yeast
- Saw palmetto (*Serenoa repens*) extract is standardized to contain 45% total fatty acids
- Lycopene is derived from natural tomato concentrate. *Pygeum africanum* extract (bark) is standardized to typically contain 2.5% total sterols
- Beta-sitosterol is sourced from a soy-based phytosterol complex
- *Silybum marianum* (milk thistle) extract is standardized to contain 80% silymarin
- *Curcuma longa* (turmeric) extract is standardized to contain 95% curcuminoids
- Green tea (*Camellia sinensis*) extract provides 65% total tea catechins, 23% epigallocatechin gallate (EGCG) and 7% caffeine
- Pomegranate (*Punica granatum L.*) extract is standardized to typically contain 40% punicosides
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil
- Hypoallergenic plant fiber is derived from pine cellulose

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## NOTES

Size 00 caps

Bottle count 90/180

Order codes SPU29/SPU21

Bottle size 20 oz

## REFERENCES

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4. Wilt TJ, et al. *JAMA*. 1998 Nov 11;280(18):1604-9.
5. Ishani A, et al. *Am J Med*. 2000 Dec 1;109(8):654-64.
6. Berges RR, et al. *Lancet*. 1995 Jun 17;345(8964):1529-32.
7. Giovannucci E, et al. *J Natl Cancer Inst*. 2002 Mar 6;94(5):391-8.
8. Hercberg S, et al. *Arch Intern Med* 2004;164:2335-42.
9. Goodarzi D, et al. *Acta Med Indones*. 2013 Oct;45(4):259-64.
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11. Ledda A, et al. *Panminerva Med*. 2012 Dec;54(1 Suppl 4):17-22.
12. Bettuzzi S, et al. *Cancer Res*. 2006 Jan 15;66(2):1234-40.
13. Pantuck AJ, et al. *Clin Cancer Res*. 2006 Jul 1;12(13):4018-26.
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## SUPPLEMENT FACTS

**3 capsules daily, with a meal.**

**Three (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Zinc (as zinc citrate)	15 mg
Selenium (from selenium yeast)	70 mcg
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) (standardized to contain 45% total fatty acids)	640 mg
Lycopene	10 mg
Pygeum ( <i>Pygeum africanum</i> ) extract (bark)	100 mg
Beta-sitosterol (from soy phytosterol complex)	60 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	100 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	100 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

**Contains soy**

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SP Ultimate	Quantity	Order Code
	180	SPU21
	90	SPU29

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<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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