



# Health Matters

by  
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The occurrence of BPH (enlarged prostate) is more common than you think, affecting millions of American men, 50% over age 50 and 75% over age 80. Many would say that BPH symptoms cause frustration, disruption and apprehensive concern.

Men who suffer with BPH develop urinary urgency and frequency, as well. These associated conditions can cause "nocturia", the need to make multiple nighttime trips to the bathroom which can disturb many men (and their spouses), robbing them of valuable sleep.

Extensive research on BPH and prostate health shows that a number of plants and their phytonutrients can help reduce symptoms of BPH. Compelling evidence shows that plant sterols (beta-sitosterols), along with specific antioxidants in saw palmetto, pumpkin seed, nettle and green tea can protect, support and control inflammation of prostate tissue. **Prostate Support Softgels w/ Phytosterols** contains these phytonutrients and more.

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