

# ProstaGold Night & Day

## 1. What is BPH?

Benign Prostatic Hyperplasia (BPH) is the most common benign tumor worldwide and the most frequent urological condition in men. The associated discomfort or pain in the pelvic region, urinary retention, and frequent nighttime urination negatively impact the quality of life of an otherwise active age group. Additionally, the potential complications, such as urinary infections, impotence, and even kidney failure, are concerning.

**ProstaGold Night & Day** is a natural, plant-based supplement formulated to support prostate health and the male urinary system. Its unique feature is the separate day and night formulations, specifically targeting symptoms occurring during the day and at night.

## 2. Ingredients of ProstaGold Night & Day

### Day capsule ingredients:

- Saw palmetto extract 150 mg
- Devil's claw root extract 60 mg
- Small-flowered willow herb extract 60 mg
- Nettle root 30 mg
- Zinc 2.7 mg

### Night capsule ingredients:

- Saw palmetto extract 180 mg
- American cranberry extract 120 mg

## 3. How ProstaGold Night & Day works

ProstaGold Night & Day contains several recognized natural plant ingredients listed in pharmacopoeias. Their synergistic effect not only alleviates symptoms but also slows the progression of the condition and prevents complications. By maintaining the health of the prostate and male urinary system, it helps preserve overall wellness.

The saw palmetto (inhibitor of cyclooxygenase, lipoxygenase, and 5-alpha reductase) and small-flowered willow herb (endopeptidase and onotein-B inhibitor) reduce the overgrowth of prostate cells. The plant sterols in saw palmetto also work by blocking receptors involved in prostate enlargement. Additionally, the antioxidant properties of small-flowered willow herb help inhibit disease progression.

Devil's claw root is rich in anti-inflammatory glycosides and has mild diuretic, antispasmodic, and pain-relieving effects. It is recommended in the British Herbal Pharmacopoeia for relieving urinary tract inflammation.

Nettle leaf extract is also recognized for its anti-inflammatory and urination-facilitating effects, which it achieves by inhibiting cyclooxygenase and lipoxygenase.

Zinc, while its exact mechanism is not fully understood, is known to be essential for the function of around 300 enzymes, and zinc deficiency is associated with the development and progression of both benign and malignant prostate tumors. Its officially recognized indications include supporting the health of reproductive organs.

American cranberry (*Vaccinium macrocarpon*) contains proanthocyanidins that have been

proven effective in preventing urinary tract infections, contributing to the prevention of BPH's most common complication.

### **Don't resign yourself to your symptoms!**

High-quality, effective, and safe plant-based active ingredients are available to help you!

## **4. Usage and Dosage of ProstaGold Night & Day**

Take one daytime (Day) capsule preferably in the early morning before a meal with a glass of water, and one nighttime (Night) capsule before dinner with a glass of water.

## **5. Possible Side Effects and Warnings**

ProstaGold Night & Day is safe to use, with no reported side effects. This supplement is specifically formulated for adult men and should be kept out of reach of children. Do not exceed the recommended dosage.

This product does not replace a balanced, varied diet or a healthy lifestyle, nor does it substitute for specialized medical care or regular check-ups.

## **6. Scientific References**

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