

# PROST AID

## COMPOSITION

<i>Serenoa serrulata</i>	<i>Hydrangea arborescens</i>	<i>Urtica dioica radix</i>
<i>Prunus africana</i>	<i>Eupatorium purpureum</i>	
<i>Chimaphila umbellata</i>	<i>Epilobium parvaflorum</i>	

## PREPARATION

Individual tinctures are combined in the descending order of the list found above.

## SYNTHESIS and MECHANISM OF ACTION

For use in the prevention and treatment of prostatic conditions.

<i>Serenoa serrulata</i>	Diuretic, Urinary antiseptic, 5 alpha-reductase inhibitor
<i>Prunus africana</i>	Anti-androgenic, Anti-inflammatory, 5-alpha-reductase inhibitor, Aromatase inhibitor
<i>Chimaphila umbellata</i>	Aquaretic, Bladder tonic
<i>Hydrangea arborescens</i>	Anti-inflammatory, Antilithic, Antimicrobial, Diuretic,
<i>Eupatorium purpureum</i>	Antilithic, Antibacterial, Bitter tonic, Diuretic, Urinary anti-inflammatory
<i>Epilobium parvaflorum</i>	B-sitosterol, 5-alpha-reductase inhibitor, Aromatase inhibitor, Anti-inflammatory, decreases testosterone and blocks formation in prostate, stops proliferation of prostate cells
<i>Urtica dioica radix</i>	Aromatase inhibitor, 5 alpha-reductase inhibitor, Nutritive, Tonic

## INDICATIONS

Benign Prostatic Hyperplasia (BPH)  
Prostatitis  
Prostate Cancer  
Cancer prevention  
Epididymitis  
Frequent nighttime urination  
Incomplete urination  
Incontinence  
Ischuria  
Male pattern baldness  
Nocturia  
Nycturia  
Prevents kidney stone formation  
Urine retention  
Urinary hesitancy

## CONTRAINDICATIONS, WARNINGS AND INTERACTIONS

Not to be combined with pharmaceutical aromatase inhibitors

**DOSAGE** diluted in a small amount of water

Acute (for men during periods of urinary hesitancy):

Adult males: 5mL – 10mL TID

Long term:

Adult males: 3mL – 5mL TID

VIRIDITAS HERBAL PRODUCTS

# PROST AID

## SYNERGY & COMPOUNDING

### FOR CUSTOM FORMULATION

As you look at the PROST AID formula you see it does many things in the herbal action section but you may select an additional formula or action to make your custom formula match up with the individual physiological needs and presentations of your patient more precisely.

#### Combines well with:

- ALTERA LYMPH – for cancer prevention and to take stress off the kidneys
- DEEP IMMUNE ACTIVATION – for cancer prevention and immune modulation
- HEPATOPURE – to reduce excess (exogenous) hormones and toxins from the body
- HOXSEY TONIC – for cancer or cancer prevention
- KIDNEY CLEAR – may be combined in the daytime for Benign Prostatic Hyperplasia (BPH)
- REJUVA LYMPH – for post-surgical repair of tissues and drainage
- RENE'S TEA – anti-inflammatory to urinary tract and bladder and anticancer.
- URI LITHOTRYPTIC – in case of stone formation
- URASEPTIC – with long or short-term urinary tract infection
- VITAL MAN – with andropause
- *Vitex agnus-castus* – to downregulate androgen production via the pituitary gland
- **Antimicrobial herbs** – for infection

If the above suggestions do not fit your needs, you may continue on linking with the catalogue. For additional symptoms & conditions link first to the system involved, select the actions required and then chose an herb from the action category:

CARDIOVASCULAR SYSTEM ACTIONS  
DIGESTIVE SYSTEM ACTIONS  
ENDOCRINE SYSTEM ACTIONS  
FEMALE REPRODUCTIVE SYSTEM ACTIONS  
IMMUNE SYSTEM ACTIONS  
INTEGUMENTARY SYSTEM ACTIONS  
MALE REPRODUCTIVE & URINARY SYSTEM ACTIONS  
MUSCULOSKELETAL SYSTEM ACTIONS  
NERVOUS SYSTEM ACTIONS  
RESPIRATORY SYSTEM ACTIONS