



MAN HEALTH



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THE PROSTATE IS A SMALL, GOLF BALL SIZED GLAND OF THE MALE REPRODUCTIVE SYSTEM. IT IS LOCATED BELOW THE BLADDER AND IN FRONT OF THE BOWEL. ITS MAIN FUNCTION IS TO PRODUCE FLUID WHICH PROTECTS AND ENRICHES THE SPERM.

Prostate related symptoms can cause urinary concerns for men, such as decreased urinary flow, a feeling of incomplete emptying and interrupted urine flow, going more frequently during the day, as well as at night.

Stressful lives, eating fatty foods, smoking, drinking alcohol, or living in environmentally polluted areas, may increase free radicals in your system, which can have a negative effect on the health of the prostate. Approximately 50% of New Zealand men experience some form of prostate related symptoms at some stage in their life, so should have a regular 'health' check-up from the age of 40.

Herbs and nutrients important for men and the health of their prostate include Saw Palmetto, Pygeum and Nettle Root, along with antioxidants Selenium, Zinc, Lycopene and Vitamin D3. Thompson's

Prostate Manager is the new leader in prostate health, providing all these herbs and nutrients in a convenient One-A-Day capsule. This dual action formula goes beyond just simply supporting a healthy prostate, it also helps protect the prostate cells from damaging free radical oxidation, making this an essential addition to a male's health maintenance regimen.



Visit your local Health 2000 store to find out more about the products mentioned within this magazine.