

# Prostica®

## Dosage form:

Film Coated tablet

## Presentation:

30 Tablets in bottle pack form

## Administration:

Oral, take one tablet daily with meal or consult with physician.

## Uses & Indication:

**Prostica** helps to improve symptoms of benign prostatic hyperplasia such as frequent urination as well as poor flow. It protects prostate cells against free radical damage and also maintains a healthy prostate through vital testosterone regulation.

Benign prostatic hyperplasia or BPH is the most common prostate problem for men older than age 50. Lower urinary tract symptoms suggestive of benign prostatic hyperplasia may include: urinary frequency, urinary urgency, trouble starting a urine stream, a weak or an interrupted urine stream, dribbling at the end of urination, nocturia, urinary retention and pain after ejaculation or during urination. Dihydrotestosterone (DHT), a metabolite of testosterone, is a critical mediator of prostatic growth. BPH may cause sexual dysfunction

**Saw palmetto** may affect the level of testosterone in the body, and reduces the amount of 5 $\alpha$ -reductase enzyme. It also seems to have an anti-inflammatory effect on the prostate. It can help treat BPH symptoms. Some studies show that saw palmetto is as effective in treating symptoms as Finasteride without side effects.

**Selenium** benefits the prostate with its antioxidant protection and helps prevent the oxidative destruction of prostate epithelial cells. This antioxidant protection has also been shown to reduce the risk of prostate cancer and also fight the growth of cancerous cells. It can lower the levels of prostaglandins known to cause prostate pain and inflammation.

It prevents prostate hyperplasia by reducing PSA levels.

**Zinc** is both helpful with enlarged prostates and also inflamed prostates. The human prostate gland contains a higher level of zinc than most other tissues. A large percentage of men do not get even the low U.S. RDA of 15 milligrams of zinc per day from their diet. Studies showed that BPH or prostate carcinoma may be associated with a reduction in the levels of tissue zinc, plasma zinc, and an increase in urine zinc/creatinine

## Contraindications:

No contraindications have been reported to date.

## Pregnancy and Lactation:

This product is not recommended to use by pregnant or lactating women.

## Interaction:

No interaction with other medicinal products has been reported to date.

## Adverse effect:

No adverse effect has been reported to date.

This product has extract of Saw palmetto which may cause: dizziness, headache, gastrointestinal complaints.

## Precautions:

Always read the leaflet and use only as directed.

Keep out of reach of children.

## Storage:

Keep in a cool (below 25 °C) and dry place, away from direct sunlight.

IRC Code: 3713275318785815

Marketing Authorization Holder: Darman Yab Darou

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