



ProstaPhase Evaluation Recap

November, 2016

First, let me thank all those members of the PAF who participated in the evaluation of ProstaPhase, a supplement from Tango Advanced Nutrition, designed to help men suffering from BPH (Benign Prostatic Hyperplasia) with symptom relief. Also many thanks to Lynda LeMole our PAF board member and herbalist who helped design the protocol. And of course Jim English and John Steinke from Tango Advanced Nutrition for being available throughout the trial to answer any questions participants had about the product. Please note: The PAF kept and will continue to keep all participants names strictly confidential.

The Product: ProstaPhase is a sophisticated herbal formula composed of a number of Chinese herbs used in Traditional Chinese Medicine to provide symptom relief from BPH. ProstatPhase was formulated by Tango Advanced Nutrition in San Francisco. Since this formulation is considered a tonic that provides relief over time, TAN provided the men in the trial a six month supply of the product, a very generous and appreciated gesture.

A Note on Supplements: The Prostate Awareness Foundation receives numerous questions about prostate formulas. The standard question is: “are you familiar with ABC Formula for prostate health. I just purchased a bottle and was hoping to get relief from my symptoms.” The answer is generally no, never heard of that one! There are countless prostate supplements available on the market, many making outrageous claims about benefits, it is impossible to be familiar with all of them. What we do know is most contain common ingredients like: Saw Palmetto, Stinging Nettles, Pau d’Arco, Pygium Africanum to name a few. What the PAF suggests to men is that buying just one bottle of a supplement is generally a waste of money. Unlike pharmaceutical drugs that are very powerful and work relatively quickly so the results are obvious, herbal supplements don’t work that way. It takes time to get a response; they are not concentrates like pharmaceuticals. So we recommend at least a three month’s supply to really determine if you are getting a positive response. If you are buying a supplement for prostate cancer, we advocate getting a PSA test and other tests that provide baseline markers both before you begin taking a product and then again around 3 months to determine if you are getting the positive response you were hoping for by comparing lab tests. Bottom line: what works for one person does not necessarily work for another. We are all slightly different physiologically. Be discerning before you buy and then patiently watch closely for symptom relief. The vast majority of prostate formulas are “me too” or “copy-cat” products. This means that the companies that manufacture and distribute them do not do the initial research, nor do they normally have a research department that one can call with questions. Tango Advanced Nutrition is not a “me too” or “copy-cat” company.

Evaluation Goals: Determine if the regular use of ProstaPhase has a positive impact on reducing the side effects of BPH (Benign Prostatic Hyperplasia) over a six-month period of daily usage.

Participant Responsibilities:

- 1) Participate in the complete evaluation of six months duration.
- 2) Complete a pre-evaluation questionnaire to establish a baseline for comparison.
- 3) Participants can remain on any or all pharmaceutical or nutritional supplements they use currently for their BPH condition.
- 4) Complete a regularly scheduled Weekly Progress Diary questionnaire to monitor results.
- 5) Provide information about your prostate health including: most recent lab report to include if available PSA, free PSA, testosterone, C-reactive protein, the size of your prostate in grams or cubic centimeters if you have that information. (This information is usually part of the paperwork provided after a prostate biopsy).
- 6) Provide a final (6 months out) post evaluation questionnaire and new lab reports if available.
- 7) Lab reports are the financial responsibility of the participant. Most men with prostate problems get these lab tests done regularly, in many cases every three months. Lab reports are not mandatory but useful!

Participants: Eighteen (18) men with BPH of varying degrees of severity started the six month evaluation. They began by taking the AUA (AMERICAN UROLOGIC ASSOCIATION) questionnaire on BPH severity, composed of 10 questions. Six men dropped out of the study. One of the six had such severe BPH that he opted for treatment. One man seemed to have an allergic reaction to the formula and discontinued usage. One man developed a case of prostatitis and discontinued usage. The other four dropped out prematurely as they did not feel they were getting results and did not keep up with the weekly reporting requirement. Please note: The PAF did not receive any pre or post evaluation “hard copy” formal information about PSA levels. It turns out it is too bad that the evaluation did not require these reports. (See below as to why!)

Post-Trial Evaluation Feed-back: The PAF asked men at the end of the evaluation four (4) questions:

- 1) On a scale of 1-10, (with 10 being excellent and 1 being poor and of no use). How would you rate the value of the ProstaPhase formula in aiding your BPH relief?
Answer - Question # 1: The average score of 4.4 was disappointingly low. We suspect that the reason for this low rating was because a pre-trial questionnaire may have given men higher expectations about the outcome than they perceived to have received at the end of the evaluation. The disappointment could have been due to the fact that not ALL BPH symptoms were alleviated as seemed to be the expectation at the beginning of the evaluation. Comparing the vast majority of pre and post evaluation questionnaires, it was obvious that symptom relief although subtle was provided to most men by the ProstaPhase.
- 2) Do you plan to continue to use Prostaphase on a regular or intermittent basis?
Answer - Question # 2: The response to question # 2 was a positive one. 9 of 12 men said they would continue to use ProstaPhase and recommended it at least be given a try.

3) If not, why not?

Answer - Question # 3: The major complaint against ProstaPhase was its cost compared to in many cases FloMax and other pharmaceutical medications which in many cases are covered by insurance.

4) Would you recommend the use of ProstaPhase to a friend? If not, why not?

Answer - Question # 4: The majority of participants would recommend ProstaPhase to a friend or associate.

Additional Insights and comments from participants:

- 1) The majority of men reported subtle changes that included: less urgency associated with the need to urinate.
- 2) 40% of men reported getting up on average one less time at night. One man reported having to get up more often and with more urgency!
- 3) The men who suffer from post urinary “drip” did not see any symptom relief from ProstaPhase
- 4) 80% of men in the evaluation are using other products for BPH. Both herbal and pharmaceutical. Two experimented with eliminating the use of their FloMax pharmaceutical medication half way thru the evaluation. But after a day or two had to re-introduce the FloMax.
- 5) One man, concerned about the cost of the product asked if Tango Advanced Nutrition might consider offering ProstaPhase in powdered form that could be purchased in bulk at a lower price.
- 6) One man said he saw no real benefit and then went on to say he was sleeping all the way thru the night more often!
- 7) A note on PSA levels. As mentioned earlier, a pre and post evaluation PSA test should have been required, but we were looking for BPH relief and not the control of prostate cancer progression! As it turns out 3 men who did have this information showed a drop in PSA level over the 6 month period.
 - a) 45.2 down to 36 a drop of 9.2 *
 - b) 7.4 down to 5.8 a drop of 1.6
 - c) 6.8 down to 5.1 a drop of 1.7

*This participant mentioned that he had lost 15 lbs. over the course of the evaluation. We feel that this could have been a contributing factor to this marked drop in PSA value. The PAF has seen a relationship between reduced caloric intake and a drop in PSA value in other men. This participant also continued to take ProstaPhase after the 6 month evaluation period. His drop in PSA was over the course of one year rather than just six months.

Summary: The Prostate Awareness Foundation would recommend trying ProstaPhase for the relief of BPH symptoms with the caveat that all men are slightly different physiologically and that what works for one man may not work for another. We understand that this evaluation was with a small sample size. But the positive results are encouraging.

Footnote: Tango Advanced Nutrition, based on the feedback from PAF members in this evaluation have reduced the retail price of ProstaPhase to \$39.95 a \$15 per bottle reduction. TAN is now buying the herbs in this formula in higher volumes to get better pricing and passing the savings onto the public.

PAF Members Take Note: Please mention Coupon Code: PAF when you order. PAF members get an additional 10% discount from list price.

Thank you TAN once again for providing the ProstaPhase free of charge for this evaluation.

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Statistics indicate that cancer patients in support group settings live twice as long as those not involved. Come join us at one of our group meetings for support, information and discussion. For more info, email Ken Malik at kamalik@prostateawarenessfoundation.org or call him at 415-675-5661.



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