

PROSTATE AWARENESS FOUNDATION



Fisetin - A Flavonoid with Some Amazing Promise

By Ken Malik - Founder and Executive Director

- **Flavonoids** add color to vegetables and contain numerous healthy nutrients.
- The more colorful your plate the healthier nutritionally. Strive for colorful vegetables on $\frac{1}{2}$ to $\frac{1}{3}$ of your plate.
- Plant flavonoids include: turmeric, pistachio nuts, carrots, among others.
- **Fisetin** is found naturally in apples, strawberries, persimmons and even some in onions and cucumbers
- Fisetin has a **senolytic** effects on aging cells.
- Senolytic compounds selectively remove **senescent** (old worn out) cells from our bodies.
- The anti-cancer mechanism of Fisetin works to restore normal apoptotic processes. **Apoptosis** is defined as programmed cell death a task cancer cells have forgotten how to do.
- Fisetin shows effects similar to caloric restriction and fasting on cancer risk and progression.
- Fisetin selectively removes senescent cells. So does fasting and caloric restriction. Time restricted eating and caloric restriction do the same thing.
- Fisetin blocks signaling factors that enable cancer cells to create enzymes that induce cancer cell replication and progression.
- **Quercetin** another flavonoid, also acts as a senolytic compound. Fisetin is being tested on colon cancer with the pharmaceutical drug Dasatinib (Checkpoint inhibiting drug)
- The challenge to science till now has been that Fisetin is not easily absorbable into the blood stream.

- Five clinical trials are currently underway on Fisetin.
- Fisetin appears to have a positive healthy influence on the following:

Cancer progression - with its anti-angiogenesis and its checkpoint inhibiting mechanism.

Reduction and suppression of **inflammation**.

Alzheimer's Disease - reduction of beta-amyloid deposits.

Reduction of **stroke damage**.

Reduction of **diabetic complications**.

Regulating **obesity**.

Reduces **senescent cell burden**.

DOSAGE:

- There are a number of Fisetin supplements available.
- Normal dosage up to now has been 1,400mg because of poor absorbability.
- The new formulation of Fisetin from Life Extension Foundation enhances bioavailability by up to 25%
- Recommended LEF.org dosage is 1capsule per day @ 200mg per capsule. The equivalent of 1400mg from other brands
- It's inexpensive and does not appear to have any negative side effects.

Thank you to Life Extension Foundation February, 2021 for spurring my interest and further research on this promising nutritional supplement. www.lef.org, 800-544-4440



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

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