

**TO:** ProstaPhase **Study/Trial Participants**  
**FROM:** Lynda LeMole, PAF Board, Herb and Nutrition Consultant  
**DATE:** May 30, 2015  
**RE:** ProstaPhase Product Info

Following info is from the Tango Advanced Nutrition (TAN) website and interviews with TAN 's VP of Product Development, John Steinke

Website info: <http://www.puretango.com/prostaphase.html>

### **Product Background Info**

The prostate is the male reproductive gland that produces the fluid that carries sperm during ejaculation. The prostate gland surrounds the urethra, the tube through which urine passes out of the body. An enlarged prostate simply means that the gland has grown bigger. As the prostate grows, it compresses the urethra where it passes from the bladder through the gland, resulting in urination and bladder issues. Prostate enlargement is a common issue that affects almost all men, with incidence increasing progressively with age.

Prostate enlargement affects an estimated 60 percent of men between the ages of 40 to 60 years, and up to 75 percent of men over age 60. Common prostate issues include hesitation or difficulty in urinating and frequent need to urinate throughout the day and night.

### **ProstaPhase Ingredients**

All herbs in *ProstaPhase* are China-grown, 5-1 extracts in Veggie caps. In use since 2004. The herbs used in the *ProstaPhase* formula come from the thousand-year-old Chinese Essence tonic tradition. Essence tonic herbs are noted for their ability to preserve healthy function during aging. They are used in various combinations depending upon which physiological systems need support. In the case of *ProstaPhase*, Dr. Jake Fratkin drew upon his extensive knowledge of modern Essence tonics known to support healthy urination in men.

While many of the herbs may benefit urinary health by themselves, it is the precise combination of the twelve herbs in *ProstaPhase* that produce superior results over those seen with single herbs or lesser combinations.

Healthy urinary patterns supported by the formula include easy starting and stopping of urine flow and regular frequency of urination during the daytime and night.

At night, getting up 1-2 times to urinate is considered healthy in the Chinese herbal system and is supported by the formula.

Ancient and modern uses recognize the following herbs for their importance in supporting urinary function and health *Alpinia*, *Cistanche*, *Cuscuta*, *Lindera*, *Nelumbo*, *Plantago*, *Poria cocos* and *Smilax glabra*.

Other herbs in the *ProstaPhase* formula support circulation to aid in maintaining overall health - *Achyranthes*, *Curcuma*, and *Sparganium*

One special and very expensive ingredient that anchors the formula is *Parentodera sinensis*. While its general strengthening and tonic properties have made Parentodera a valuable herb, over time Chinese doctors have noted its special affinity for helping to nourish and regulate urinary health.

Because of the high cost of manufacturing *Parentodera sinensis* in powdered form, its use for prostate health has become its primary application in modern herbology, and according to Dr. Fratkin, it is the one ingredient that has to be included in *ProstaPhase* in substantial amounts in order to get the best results.

### Additional Formula Descriptions

In an in-depth discussion with John Steinke, the herbs were further explained by categorizing them into 5 basic groups and describing their actions. This information is documented in Chinese Herbal Medicine: Materia Medica

**Herbs that Drain Dampness**, promote urination, difficult urination or edema caused by stagnation of fluids or dampness; used in scant urine due to Damp Heat; used for hot or sandy painful urinary dysfunction, also for edema without painful urinary dysfunction: *Dioscorea Hypoglauca* ; *Poria Cocus*; *Plantago asiatica*

**Herbs that Tonify and strengthen the Yang**, warm the kidneys, retain the Essence and hold in urine; used for frequent and copious urination, incontinence or dribbling of urine from deficient kidney yang; cold pains in the back and legs: *Alpina oxyphylla*; *Cistanche deserticola*; *Cuscuta chinensis*

**Herbs that Invigorate the blood**, break up congealed blood, move Qi and alleviate pain, used for abdominal pain and masses from congealed blood, dissolve accumulations due to food stagnation and stagnant Qi: *Curcuma zedoaria*; *Sparganium simplex*; *Achyranthes bidentata*

**Herbs that Clear Heat and Poisons**, clear damp heat poison, used for turbid and painful urination: *Smilax glabra*

**Herbs that regulate the Qi**, move Qi and alleviate pain, warm kidneys used for deficient kidney patterns with cold: *Lindera*

**Herbs that are Astringent**, clears heart fire and nourishes the kidneys, used for dark urine: *Nelumbo nucifera*

### Supplement Facts

**Serving Size: 1 capsule**

**Amount Per Serving**

**Proprietary Blend**

#### Common Herb Name (Latin Name)

Achyranthes Bidentata root (*Achyranthes bidentata* Blume)  
 Alpinia Oxyphylla fruit (*Alpinia oxyphylla* Miq.)  
 Cistanche Deserticola herb (*Cistanche deserticola*)  
 Curcuma Zedoaria rhizome (*Curcuma zedoaria* Berg. Rosc.)  
 Cuscuta Chinensis seed (*Cuscuta chinensis* Lam.)  
 Dioscorea hypoglaucae rhizome (*Dioscorea hypoglauca*)  
 Lindera root (*Lindera aggregata* Kosterm.)  
 Nelumbo Nucifera seed (*Nelumbo nucifera* Gaertn.)  
 Plantago Asiatica seed (*Plantago asiatica* L.)  
 Poria Cocus fungus (*Poria cocos* [Schw.] Wolf)  
 Smilax Glabra rhizome (*Smilax glabra* Roxb.)  
 Sparganium Simplex rhizome (*Sparganium stoloniferum* Buch.)

**500 mg** **% DV**  
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#### Pin Yin Name

Niu Xi \*  
 Yi Zhi Ren \*  
 Rou Cong Rong \*  
 E Zhu \*  
 Tu Si Zi \*  
 Bi Xie \*  
 Wu Yao \*  
 Lian Zi \*  
 Che Qian Zi \*  
 Fu Ling \*  
 Tu Fu Ling \*  
 San Leng \*

\* Daily Value not established

**Frequently Asked Questions**    <http://www.puretango.com/prostaphase.html>

**What is the recommended daily dose of ProstaPhase?**

The recommended daily dose of *ProstaPhase* is 3 capsules, 2 times per day.

**How much *ProstaPhase* can I safely take in a day?**

For purposes of the PAF Study/Trial, take 6 capsules, which is the recommended daily dose.

**How do I know *ProstaPhase* is working for me?**

*ProstaPhase* should make a change for you in how you feel. It should promote prostate and urinary tract health so that you feel better and have less physical discomfort throughout the day and night.

Usually, very clear results show up in the first month of use for most men.

**Do I have to take *ProstaPhase* forever?**

Every man has a different set of circumstances that will determine how his prostate and urinary tract health will benefit when using *ProstaPhase*. Your response to the formula can be influenced by your individual health circumstances.

Issues with prostate and urinary tract health may be long-standing over many years. This may determine how soon you notice positive changes and how long you may need or wish to take the formula. However, the formula is so effective that most men should notice benefits in the first month of use.

**When should I take *ProstaPhase*?**

The most important consideration in taking *ProstaPhase* is to use it daily and consistently. You can take *ProstaPhase* with or away from meals.

Morning and early evening are the best times to take the formula to balance its benefits over a 24-hour period.

Some people take *ProstaPhase* about 1 hour before bedtime to make sure they have beneficial nutrients working while they are sleeping.

**Can I take *ProstaPhase* with other supplements?**

Yes, you can take *ProstaPhase* with and at the same time as you take other dietary supplements.

**I take over-the-counter/prescriptive medicines. Can I take *ProstaPhase* with them?**

Yes, you can take *ProstaPhase* with other dietary supplements and prescribed medications.

You can also call one of our product specialists if you have questions about how best to combine our formulas. The toll-free number for product questions is **1-866-778-2646, ext. 6**.

**Is *ProstaPhase* tested for contaminants that could harm my health?**

Yes, we regularly test batches of our formulas to make sure they meet strict quality control guidelines recommended by government regulatory agencies.

**Are there any side effects from taking *ProstaPhase*?**

*ProstaPhase* does not cause drowsiness or make a person sleepy. It also does not contain any stimulants that might cause jitteriness or lack of sleep.

**What do I do if I think taking *ProstaPhase* is causing me discomfort?**

The most common discomforts experienced by a tiny percentage of people when taking any vitamin, mineral, or herbal formula are digestive upset or very mild allergic reactions such as skin itching or irritability. These minor discomforts usually disappear by taking a lower dose or by taking the supplement with meals.

If you should experience discomfort when taking *ProstaPhase* and it does not go away with these suggestions, then discontinue use and contact our product specialist for further recommendations at **1-866-778-2646, ext 6**.