



*Welcome to BioPure Bulletin-keeping us in touch with you; our friends, colleagues, and customers. Our monthly newsletter allows us to share topical feature articles, valuable resources, product updates and announcements.*

*Last month's Bulletin focused on the changing hormonal levels of the female body and BioPure's new Female BioSupport™ product, formulated to support the many symptoms associated with the changing female biorhythm. This month, as promised, we take a close look at our proprietary product for men - Male BioSupport™.*

## The Maturing Male . . .

### Male BioSupport™

Men experience a natural progressive decline of sex hormones, sometimes referred to as 'andropause'. Although the process occurs more gradually in men than in women, many of the symptoms experienced by the aging male are similar to those of 'menopause', such as weight gain, fatigue, depression, insomnia, loss of bone density, and lowered sexual libido [Brawer 2004, Nigro 2012]. Other more serious issues encountered are prostate cancer, benign prostate hyperplasia (BPH), colon cancer, diabetes, and cardiovascular disease [Corona et al 2011]. BioPure's Male BioSupport™ contains six herbal extracts that have been researched and combined to support the male biorhythm.

At any age, the endocrine system manipulates complex interactions and delicate

### In This Issue

Male BioSupport™  
Probavi SALE

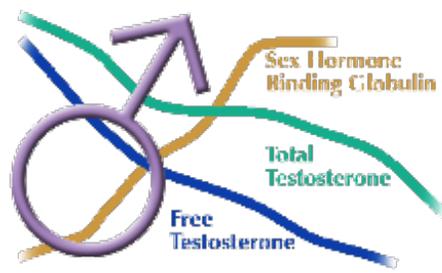
**Probavi**  
**25% OFF**  
(sale ends June 30th)

### Probavi

A diverse and healthy population of microbes in the intestinal system has been proven to be essential for proper digestion, immunity, anti-inflammatory reactions, protection from pathogens and toxins, and may even affect our mood, stress levels, and behavior.

Probavi is an easy to use freeze-dried formula containing three

balances of hormones in the human body. Most people hear only about the decline of two main hormones with age (testosterone in men; estrogen in women).



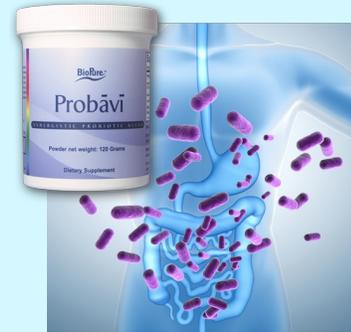
Age-Related Changes in Male Hormones

However, there are other sexual hormones, or androgens, along with associated proteins and enzymes, that are all interrelated, and either increase or decrease with age. Sex hormone binding globulin (SHBG), for instance, is an important protein that carries testosterone throughout the bloodstream. Testosterone exists in two forms-'bound' and 'unbound'. The majority of 'bound' testosterone is chemically bonded to SHBG, and to a lesser extent, with albumin. Unbound, or free serum testosterone, is considered the biologically active form that is available for binding to androgen receptor sites. SHBG is on the rise in aging men, causing a decrease in the amount of free serum testosterone [Mayo Clinic]. Testosterone naturally decreases at a rate of approximately one percent per year, between the ages of 40 to 70 [Gray 1991]. Testing of a man's 'T-levels' usually measures the total of both bound and free testosterone. When symptoms of andropause or hypogonadism are present, it is the amount of free circulating testosterone that is most critical. Four of the six herbs in Male BioSupport™ affect testosterone levels.

Estrogen production in men seems to remain fairly constant, but the resulting ratio of estrogen to testosterone is often turned upside-down in older men, contributing to age-related changes such as weight gain, diabetes, and cardiovascular disease. Ingredients in Male BioSupport™ can assist in decreasing the ratio of estrogen to testosterone.

Studies show that BPH, a non-malignant enlargement of the prostate gland, is present in 50 percent of men between the ages of 51 to 60, and 90 percent of men over the age of 80 [Ghorbanibirgani 2013]. Symptoms include difficult, painful, urgent, and irregular urination, and failure to be able to completely empty the bladder. It is sometimes difficult to diagnose BPH because the

different beneficial bacterial strains, plus prebiotics, inulin-fructooligosaccharides, and a mixture of 12 nutritious and antioxidant-rich fruits and berries. The prebiotics are a built-in, natural food source to assist in sustaining the probiotic bacteria.



The discount price on Probävi will last only until the end of June.

**Don't Miss Out!**

It is advised to consult with your professional healthcare provider before self-administering any new nutritional supplement.

**For more information on BioPure Healing Products, and to view all of our products, please visit one of our websites:**

[www.retailbiopure.com](http://www.retailbiopure.com)

accessible to anyone, including patients and the general public

-or-

[www.practitionerbiopure.com](http://www.practitionerbiopure.com)

accessible to Practitioners and Wholesale only. Drop-shipments can be delivered directly to your patients.

symptoms resemble those caused by a number of other conditions. If left untreated, prostate gland enlargement can cause blockage of the flow of urine and lead to urinary tract infections, kidney damage, bladder stones, blood in the urine, and incontinence. 5-alpha reductase is an enzyme that converts testosterone to dihydrotestosterone (DHT). DHT stimulates early development of the prostate gland, but in the mature male, is associated with unwanted cell proliferation and abnormal enlargement of the prostate. This can lead to BPH and prostate cancer, two of the most common diseases plaguing men as they age. Some of the ingredients in Male BioSupport™ affect 5-alpha reductase levels.

Many of the symptoms of andropause, including BPH, are connected in some way to the natural decline in testosterone levels. As awareness of this cause/effect relationship has risen, so has the use of testosterone replacement therapy. Between 2006 and 2011, the frequency of prescriptions for testosterone products increased 170 percent [Nigro 2012]. There is evidence, however, that hormone replacement therapy for men is accompanied by serious risks, such as increased chances of prostate cancer [Parsons et al 2005] and cardiovascular disease [Renneboog 2012]. Users are recommended to be monitored closely for hepatic dysfunction and hematocrit abnormalities [Osterberg 2014].



The human body works diligently to maintain hormonal equilibrium, and the use of certain herbal supplements can contribute to this process, with relatively no known side effects. Male BioSupport™ is a unique, proprietary blend of six botanical extracts combined to support and balance male hormones and biorhythms, reinforcing various health needs specific to the aging male.

The carefully chosen botanical extracts in BioPure's Male BioSupport™ include:

*Eurycoma longifolia*, also known as 'Tongkat Ali' or 'Malaysian ginseng', has been used in traditional medicine for anti-microbial, anti-malarial, anti-pyretic, and aphrodisiac effects [Bhat 2010]. It is commonly marketed today as a male tonic to improve fertility and

Should you wish to register as a practitioner or wholesaler, please contact BioPure by:

**toll free: 800-801-6187  
or 425-462-8414**

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## References

\* If you would like to see references supporting information presented in The BioPure Bulletin, please refer to the **'Research & More Information'** sections on the description page for each individual product on our website:

[www.biopureus.com](http://www.biopureus.com)

## Food & Drug Administration Disclaimer

Our products are not intended to diagnose, treat, cure or prevent any disease. They are designed to be used as part of an overall health plan with your authorized healthcare provider. Individuals taking food supplements or who have an underlying health condition should consult with their authorized healthcare provider before using these products. We suggest that you consult your authorized healthcare provider if you have any health problems and require a medical diagnosis, medical advice or treatment. The FDA has not evaluated statements in this newsletter. We do not recommend any of our natural products to be used for small

libido, mood, energy and stress, sports performance, and to stimulate weight loss [Talbot 2013, Kotta 2013]. Research with rats has shown that the herb can decrease blood sugar levels [Husen 2004], increase free testosterone levels [Solomon 2013, Low 2013], boost spermatogenesis [Low 2013], enhance sexual qualities [Ang 2001, 2003]. Human trials show similar positive effects on testosterone levels [Tambi 2011], and a reduction of stress hormones [Talbot 2013].

*Urtica dioica*, commonly known as 'stinging nettle', was employed in Islamic traditional medicine as an aid in treating for diabetes [Said 2007]. Animal experiments show it may repair pancreatic tissue [Qujeq 2013], increase insulin, and lower blood glucose levels [Golalipour 2010, Farzami 2003]. Lignan compounds in stinging nettle roots have a high affinity to bind with SHBG, resulting in less conversion of androgens to estrogens, and more free testosterone. Nettle can support proper urinary tract function [Sefarinejad 2005] and inhibit the advancement of BPH [Schottner 1997]. Nettle has also shown promising results in its ability to inhibit the growth of prostate cancer [Durak 2004, Konrad 2000].

Pumpkin (*Cucurbita pepo*) seed oil is reported as commonly used for prostate disorders and urinary tract support in Europe [Procida 2013]. A number of studies with rats [Gossell-Williams 2006, Ejike 2011, Tsai 2006] and humans [Hong 2009] indicate that pumpkin can inhibit BPH. Researchers believe the nutraceutical properties of pumpkin seeds are due to their high content of alpha- and gamma-tocopherols (vitamin E) and carotenoids, that exert strong antioxidant effects, and support immunity, particularly for skin and eye health [Procida 2013]. Pumpkin also showed an ability to increase insulin secretion in rats [Yadav 2010] and may indicate support for diabetics. Antibiotic and antihelminthic properties that may support gastrointestinal health [Feitosa 2012] have also been noted.

*Pygeum africanum*, or African plum, was an important herb to South African natives for soothing bladder discomfort and curing "old man's disease". Today, wide popularity of *Pygeum* extract is leading researchers to examine its potential for inhibition of benign prostate hyperplasia [Thorne 2002], and it is often used in combination with pharmaceuticals to inhibit the growth of prostate cancer [Roell 2011]. Studies suggest a number of different properties contributing to the health benefits

children without the guidance of a licensed healthcare provider. We do not recommend that any of our products be used while breastfeeding, while pregnant, or while trying to become pregnant.

## BioPure Healing Product's Promise\*

BioPure Healing Products is committed to providing our customers with the highest quality natural food supplements available. We pride ourselves in sourcing high potency products that are pure, rich in biological vitality, and effective. Our products are not intended to diagnose, treat, cure, or prevent any disease. Dosages, indications and any other information contained herein is suggested use only and not to be considered treatment recommendations. Please consult with a healthcare provider for treatment of any illness or condition, especially if you are pregnant, breast-feeding or considering treating a child. We suggest that you consult a licensed physician if you have any health problems and you require a medical diagnosis or medical advice or treatment.

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of *Pygeum*, including antiproliferative and apoptotic effects on prostate fibroblasts and myofibroblasts [Quiles 2010], inhibition of the androgen receptor [Papaioannou 2010], anti-inflammatory activity [Thorne 2002, Andro 1995], and reduction of hypercontractility and sensitivity of the bladder [Thorne 2002, Andro 1995]. BioPure's Male BioSupport™ combines both *Pygeum africanum* and *Urtica dioica*, for synergistic and stronger effects.

*Myrica cerifera*, or Bayberry, contains a number of bioactive substances with potential health benefits demonstrated in animal experiments. The compound, Myricanone, has shown protective effects against liver damage, as well as prostate and cervical cancer [Paul 2013, Ishida 2002]. Powerful flavonoids may support the nervous system against degenerative diseases such as Alzheimer's [Jones 2011]. Anthocyanins are supportive in maintaining healthy blood glucose levels [Sun 2012]. Strong antioxidant properties of *Myrica* support cardiovascular health and inhibit plaque formation [Sun 2013]. *Myrica* also contains compounds that can inhibit the enzyme 5-alpha reductase, which in turn, prevents testosterone from converting to the prostate-damaging, DHT [Matsuda 2001].

*Perilla frutescens*, or shiso, exhibits anti-inflammatory, antimicrobial, antioxidant, and positive cancer-related prevention and therapeutic adjunct properties [Lopez 2009, Seelinger 2008, Osakabe 2004, Ueda 2002]. It is most well known for its effectiveness in supporting a healthy inflammatory response and improving the symptoms of allergic rhinitis and other respiratory ailments [Liu 2013, Takano 2004, Lim 2014]. *Perilla* is also associated with urinary tract support [Makino 2003].

Very few, if any, side effects have been associated with the above-mentioned botanical extracts in BioPure's Male BioSupport™. However, because some of the ingredients may compound or interfere with the effects of other supplements or prescribed medications, and because every individual has unique health needs, BioPure recommends that you do not self-administer this product, or any other supplement, without the guidance of a licensed healthcare provider.

For more detailed information about the ingredients in Male BioSupport™, and full references for the statements provided here, please visit [www.biopureus.com](http://www.biopureus.com).

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