Flow Formula-5 is a comprehensive formula designed to support male urinary flow, hormone metabolism, and overall prostate health. This formula contains a variety of synergistic, standardized herbs in addition to pumpkin seed oil, vitamin B6, and zinc. Saw palmetto berry is present as a highly concentrated, standardized extract.

**Clinical Applications**
- Supports Healthy Male Urinary Flow and Frequency
- Supports Bladder and Prostate Health

**Discussion**

**Saw Palmetto Berry Extract** (*Serenoa repens*), widely studied and used in Europe to support male urinary flow,[1] is standardized in this formula to contain 85-95% free fatty acids and sterols. The extract inhibits 5 alpha-reductase[2] as well as DHT binding to androgen receptors,[3] has anto-estrogenic activity,[4] reduces prolactin-induced prostate enlargement,[5] and IGF-1-induced prostate growth,[6] has anti-inflammatory activity,[7] and generally reduces edema.[8]

**Pygeum Africanum Bark Extract** (*Pygeum africanum*), used for approximately 300 years, blocks androgen precursors, reduces prolactin levels, and has a decongesting, or anti-edema, effect. In animal models, Pygeum modulates bladder hypercontractility. The bark extract increases prostatic secretions and improves seminal fluid composition.[9] In 2007, a critical review of this plant’s efficacy examined a detailed series of in vitro and in vivo studies on prostate growth and bladder function. Researchers identified molecular targets of Pygeum africanum extract affecting both growth factor-mediated prostate growth and specific parameters of bladder function.[10]

**Pumpkin Seed Oil Extract** (*Cucurbita pepo*) is naturally rich in phytosterols, antioxidants, and unsaturated fatty acids (55% linoleic acid). A randomized, controlled, double-blind, three-month study (n=53) reported significant improvement in urinary flow, urination time, residual urine, and urinary frequency without any adverse effects.[11]

**Uva-Ursi Extract** (*Arctostaphylos uva-ursi*), derived from the Uva-Ursi leaf, contains 10% of the glycoside, arbutin, beneficial for its anti-microbial and diuretic properties.[12,13]

**Zinc** inhibits 5a reductase, the enzyme that converts testosterone to its more potent form, dihydro-testosterone, believed to be most responsible for proliferative changes to the prostate.[14]
**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Softgel</th>
<th>Servings Per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Vitamin B-6 (as pyridoxine hydrochloride)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Zinc (as zinc gluconate)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Saw Palmetto Extract (<em>Serenoa repens</em>) (berry) (standardized to contain 85-95% fatty acids and sterols)</td>
<td>160 mg</td>
</tr>
<tr>
<td>Pumpkin Seed Oil (<em>Cucurbita pepo</em>)</td>
<td>40 mg</td>
</tr>
<tr>
<td>Pygeum Extract (<em>Pygeum africanum</em>) (bark) (standardized to contain 12% sterols)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Uva-Ursi Extract (<em>Arctostaphylos uva-ursi</em>) (leaf) (standardized to contain 10% arbutin)</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

**Daily Value not established.**

**Other Ingredients:** Gelatin, glycerin, soy lecithin, yellow beeswax, caramel color, titanium dioxide (color).

**Softgel Ingredients:** Gelatin, glycerin, caramel color, titanium dioxide (color), purified water.

**REFERENCES**


**Caution:**

This product is intended solely for use by men 18 years of age or older. Consult your healthcare practitioner before use, especially if you have - or think you may have - any medical condition or if you are currently taking medication. Keep out of reach of children.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

**Dosage:**

Take one softgel twice a day or as directed by your healthcare practitioner.