

PROSVENT	Our Claim	Source Language/claim	Source	Link
Saw Palmetto	Helps to inhibit prostate growth, improves urine flow and reduces frequent overnight urination	"Saw palmetto is best known for its use in decreasing symptoms of an enlarged prostate (benign prostatic hypertrophy, BPH). According to many research studies, it is effective for this use." "Saw palmetto can reduce the symptoms of enlarged prostate, including frequent urination, painful urination, sudden urge to urinate, and inability to urinate. It can also decrease the need to urinate during the night, increase urine flow, and make it easier to empty the bladder completely. Saw palmetto seems to work about as well as some prescription medications, but it takes about one or two months of treatment before symptoms improve."	eMedicinehealth	https://www.emedicinehealth.com/saw_palmetto/vitamins-supplements.htm
		"Some small studies have shown saw palmetto might help you with BPH symptoms in several ways. Among them: You may need to get up less often at night to pee. It can improve your flow when you go. It can ease painful urination."	Web-MD (5 21 2021) "What You Should Know About Saw Palmetto for BPH" Reviewed by Carmelita Swiner, MD on November 18, 2020	https://www.webmd.com/men/prostate-enlargement-bph/supplement-guide-saw-palmetto
Pygeum Africanum	Supports overall prostate health, and may help to reduce inflammation related to an aging prostate	"Pygeum is such a sought-out alternative remedy due to the wide research supporting its benefits. Some evidence suggests that the extract may help with everything from prostate and kidney health to general inflammation. It also has some traditional uses."	Healthline "Everything You Need to Know About Pygeum" Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT — Written by Adrian White — Updated on September 17, 2018	https://www.healthline.com/health/food-nutrition/pygeum
		"Pygeum is used for treating symptoms of enlarged prostate (benign prostatic hyperplasia, BPH) and prostate cancer. It is also used for pain caused by inflammation, kidney disease, urinary problems, malaria, stomachache, fever, and to increase sexual desire." "Pygeum contains chemicals that help shrink the prostate to relieve urinary problems such as poor urine flow and nighttime urination in men with enlarged prostates."	Web-MD (5 21 2021) "Pygeum OTHER NAME(S): African Plum Tree, African Prune, African Pygeum, Amande Amère, Ciruelo Africano, Prunier d'Afrique, Prunus africana, Pygeum africanum, Pygeum Africanu"	https://www.webmd.com/vitamins/ai/ingredientmono-388/pygeum
Pumpkin Seed Oil	Promotes healthy urinary function	"In general, pumpkin seed oil seems to have a positive effect on the urinary tract. This tract is made up of the kidneys, the bladder, and the urethra, which connects the bladder to the urinary opening." "A studyTrusted Source of Korean men with BPH found that pumpkin seed oil may act as an effective alternative medicine with no adverse reactions. Participants in the study saw an improvement in symptoms, including better urinary flow. Researchers found that optimal results occurred when pumpkin seed oil was paired with"	healthline "The Health Benefits of Pumpkin Seed Oil" Medically reviewed by Timothy J. Legg, Ph.D., CRNP — Written by Chaunie Brusie — Updated on December 19, 2016	https://www.healthline.com/health/pumpkin-seed-oil#urinary-health
		"In a 12-week study, pumpkin seed oil extract significantly reduced symptoms of overactive bladder. It may also aid the treatment of urinary disorders."	Web-MD (5 21 2021) "Pumpkin Seed Oil: Is It Good for You?"	https://www.webmd.com/diet/pumpkin-seed-oil-good-for-you#1
Beta Sitosterol	Is a phytosterol shown to reduce urinary frequency and urgency and support the health of an aging prostate	see clinicals	see clinicals	see clinicals
Stinging Nettle	Promotes urinary health, helps fight naturally occurring inflammation, reduces urgency and frequency	see clinicals	see clinicals	see clinicals