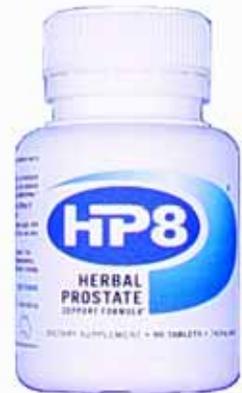


HP8™ - *Ingredients, supporting research and safety*

HP8™ herbal prostate support formula maximizes prostate health through a unique formulation of nature's most effective and researched Australian and European herbs. Developed in conjunction with some of the world's leading experts in phytochemistry, HP8's ingredients have been cultivated to maximum potency and standardized for biological effect using modern science's most advanced equipment and techniques. HP8's blend of native Australian and European herbs is guaranteed safe, pure and the sum of each compound's beneficial properties is exceeded only by the synergy of the complete formula.

Clinical trials and safety studies have been completed, but have not been submitted for publication. Since HP8 is new, and many of its natural constituents may not be known, here is a list of ingredients and relevant research.



Saw Palmetto – *Serenoa serrulata* was commonly recommended for various prostatic conditions by health care professionals in the early part of the twentieth century. It was an official drug listed in two editions of the United States Pharmacopia from 1906 to 1950, when it was used as a therapeutic option for urinary tract infections. In the *United States Dispensatory*, 23rd Edition, saw palmetto is indicated for use with enlarged prostates. It has been reported to contain diuretic, urinary antioptic, endocrinological and anabolic properties. The

fruit of Saw Palmetto has been shown in vitro to inhibit the 5-alpha-reductase and aromatase, significant in the development of Benign Prostate Hyperplasia. Studies show that it has anti-exudative and anti-inflammatory effects. The only known side effect is stomach upset in rare cases.

Bromelain is a mixture of protein-digesting enzymes made from the stem of the pineapple, *Ananas comosus*, and is listed by the FDA as GRAS*. It is useful for digestive disorders and a wide range of conditions associated with inflammation caused by infection or injury. Animal and human research show that it modulates inflammation by preventing the build up of bradykinins and kallidins that cause swelling and helps speed wound healing related to surgery or trauma. Toxicity studies show that it is safe, but it has been shown to enhance absorption of antibiotics and anticoagulants and should be used with caution combined with these medications.



Licorice root, *Glycyrrhiza glabra*, helps cleanse the colon, supports lung health, and promotes adrenal gland function. Licorice is a common ingredient in throat-soothing herbal supplements. Its natural sweetness makes it a favorite flavor in herbal teas and many food products. Although many know this herb for its flavoring in candy, Licorice contains many health benefits. The most common medical use for Licorice Root is for treating upper respiratory ailments including coughs, hoarseness, sore throat, and bronchitis. The main constituent found in the root is glycyrrhizin. The plant also contains various sugars (up to 14%), starches

(30%), flavonoids, saponoids, sterols, amino acids, gums, and essential oil. Glycyrrhizin stimulates the secretion of the adrenal cortex hormone "aldosterone". The Root extract produces mild estrogenic effects, and it has proven useful in treating symptoms of menopause, regulating menstruation, and relieving menstrual cramps. Research suggest two hypotheses for licorice's mechanism of action: binding of glycyrrhetic acid to mineralocorticoid receptors and blocking the action of 11 beta-hydroxysteroid dehydrogenase.

Grape Complex seed & skin, *Vitis vinifera*, is a rich source of trans-resveratrol, a phytochemical that exhibits anti-oxidant and anti-inflammatory activities, Resveratrol has also been examined in several model systems for its potential effect against cancer. Its anti-cancer effects include its role as a chemopreventive agent, its ability to inhibit cell proliferation, its direct effect in cytotoxicity by induction of apoptosis.



Willow Herb leaf, *Epilobium parviflorum* is widespread in Central and Eastern Europe and in disturbed areas of North America. Epilobium species have been used as remedies in folk medicine, particularly in Central Europe, for the treatment of prostate disorders and abnormal growths. This pleasant herb and flower tea was highly recommended by Austrian herbalist, Maria Treben, for ailing men with prostate abnormalities. Preliminary (in vitro) studies at the Prostate Center of Vancouver found that very low concentrations of an extract from small-flowered willowherb tea, in the micrograms per ml level, was among the most active ever seen against abnormal cells and growths of the prostate. Several extracts from *Epilobium parviflorum*, were evaluated in biochemical assays with 5-alpha-reductase and aromatase, two enzymes involved in the etiology of benign prostatic hyperplasia (BPH). Willow herb leaf is useful as an Antibacterial, Anti-inflammatory, Antimicrobial, Antioxidant, Bladder Health Maintenance, Cellular Regeneration, Cleansing Detoxification, Hormonal Imbalances, Male Health Maintenance, Prostate Health Maintenance, Urinary System Problems.



Wild Rosella calyx, *Hibiscus sabdariffa* is rich in mucilage, a complex mixture of polysaccharides that form a soothing gelatinous fiber when water is added. It contains high concentrations of colorful purple flavonoids called anthocyanins that are anti-inflammatory. Anthocyanins are beneficial for skin and vascular health and are also known to coat the surface of cell membranes and protect them from enzymatic and free radical damage. It is recommended to alleviate urinary tract problems, which may be attributed to the action of anthocyanins and proanthocyanidins that prevent bacteria from adhering to the bladder wall. The powdered flowers have been shown to stimulate cellular regeneration, cleansing and detoxification; researchers recommend them for both healthy and sick individuals. Studies on irritated mucus membranes have shown that the mucilage of Malvaceae plants binds to buccal membranes of the body. Mucilage, as a good source of soluble fibre, is particularly recommended as a mild laxative and for soothing gastric diseases. The viscous fiber has several beneficial effects on digestion: 1) it reduces bowel transit time; 2) it absorbs toxins from the bowel; 3) it increases fecal bulk and dilutes stool materials thereby reducing stool contact with the intestinal mucosa; and 4) it enhances beneficial bacteria in the gut and provides an excellent substrate for bacterial fermentation. Mucilage helps to eliminate anaerobic pathogens from the gut, a function that can significantly help the body to normalize critical hormone balances needed for basic health.



*GRAS "Generally Recognized As Safe" is a designation applied by The U.S. Food & Drug Administration (FDA) Center for Food Safety & Applied Nutrition (CFSAN) after review of toxicology and other safety data for compounds, allowing their use as food additives.

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