



Name Pros

Caps

Code	Size	Duration
C32-54	54 Capsules	Usually lasts 18 days
C32-100	100 Capsules	Usually lasts 33 days

Area concerned

Prostate gland

Ingredients

(min per capsule) Saw Palmetto 64mg, Horsetail 64mg, Couchgrass 64mg, Uva Ursi 32mg, Hydrangea 32mg, Pau d'arco 32mg, Damiana 32mg.

Description

To assist cleansing and balance of the prostate gland. **Pros Capsules** also contain pau d'arco, which helps to support the immune system of the prostate and other areas. Valuable if combined with extra saw palmetto, which is available as **Saw Palmetto Capsules** or **Drops**, or with herbs for the kidneys, such as **Kid Capsules**, **Drops** or **Tea**.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not take with diuretic drugs.

Companion Products

90-day Kidney Programme: Echinacea Capsules or Drops; Echinacea Compound Capsules; Kid Capsules, Kid 2 Capsules or Kid Tea; Power Garlic Capsules, Saw Palmetto Capsules or Drops.

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