



# MEN'S KIT

*Herbal support for male energy, prostate and urinary well-being.\**

**A**s with most efforts concerning our health, the ultimate goal is to improve our quality of life. . .

## THE MEN'S KIT

### American Ginseng

A traditional herb for energy and virility.

### Men's Special®

A combination of Saw Palmetto, Black Walnut Leaf and Corn Silk, formulated by Hanna Kroeger.

### Saw Palmetto

One of the most useful herbs associated with prostate health.



Being physically healthy and emotionally comfortable goes a long way towards how much enjoyment we get out of each day. After all, it is difficult to enjoy a vacation if you are always looking for a bathroom.

Men's prostate function can be an important factor in overall health and daily comfort.

Prostate and urinary issues can affect men of all ages, although as men grow older these issues become more common.

## THE PROSTATE GLAND

The prostate gland plays a key role in efficiency of urination. The prostate gland is a firm, partly muscular, partly glandular body positioned beneath the bladder. Encircling the urethra, it squeezes out fluids which are ingredients in semen. This is where most male genitourinary problems occur. The prostate naturally enlarges as a man gets older which can limit the passage of urine through the urethra.

## EFFICIENT URINATION

Maintaining normal prostate size and prostate health can keep urination efficient. This may reduce the frequency of

bathroom visits at night, which means better

sleep. There is a lot of information linking the quality of sleep to optimal immunity and overall health. Quite simply: Being able to empty the bladder is more comfortable than the discomfort from urine retention. By keeping the urethra free flowing, we also promote the normal health of kidneys and the urinary tract.



\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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# THE MEN'S KIT

## SAW PALMETTO

Saw palmetto has become synonymous with men's health, and has even been called "the old man's friend." It has a long history in traditional herbalism of

urinary and prostate health, and a large volume of clinical research has verified this repeatedly. Research on saw palmetto has shown impressive results for maintaining normal prostate function as men age. In many countries throughout the world saw palmetto has been the preferred herb for male health.

## GINSENG AND ENERGY

Ginseng is a well studied herb that has been revered for thousands of years in Asia. It is known as the King of Herbs due to ginseng's wide array of uses. Much of the research reveals the energy and performance-enhancing qualities with which Asian and American ginseng is associated.\* American ginseng has been used for energy, stress and for its calming effect. In Asia there are many traditions surrounding ginseng's support for virility in older men.\* Studies indicate American ginseng may affect the central nervous system to stimulate proper

## MEN'S KIT

The Men's Kit provides a great selection of products to keep men's health in top form. This herbal ensemble contains: American Ginseng tincture, Men's Special herbal combination and Saw Palmetto extract capsules.

## AMERICAN GINSENG TINCTURE

American ginseng is the prize of the ginseng world. This American ginseng tincture uses the finest quality ginseng, and is tinctured to achieve its fullest effectiveness.

## MEN'S SPECIAL®

This herbal combination designed by Hanna Kroeger reflects her vast wisdom and experience with herbs. Men's Special contains Saw Palmetto, Black Walnut leaves and Corn silk. As with all of our herbal combinations, Men's Special contains no fillers, excipients, or flowing agents.

## SAW PALMETTO CAPSULES

Our high quality, naturally extracted saw palmetto extract contains 85% sterols. This is a unique liquid-filled, vegetarian capsule that does not use the chemicals associated with regular gel caps.



## Enjoying Life

*As men get older, their ability to enjoy life can be limited by the effects of prostate enlargement.*

*Multiple nighttime visits to the bathroom interrupt our quality of sleep. Urine retention, incontinence and diminishing virility can interfere with life's best moments.*

*Herbs can offer support to keep the prostate healthy, as men age, and can promote proper hormonal levels. The herbs in these supplements benefit men wanting to maintain their good prostate health.\**



**The Heart of Herbal Health®**

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