

ProstaBotanica UK - Men's Prostate & Urinary Health

Evidence-Informed Botanical Nutrition & Lifestyle Guide for Men Over 40

1. The 14-Day Equilibrium Framework

- Morning Ritual: 35g raw green pumpkin seeds + 1 cup warm lemon water
- Noon Nutrition: High lycopene cooked tomatoes with cold-pressed olive oil
- Afternoon Tonic: Warm Saw Palmetto & Stinging Nettle root decoction
- Evening Hydration Taper: Cease heavy fluid intake 2.5 hours before sleep

2. Researched Phytosterol Standards

- Saw Palmetto (*Serenoa repens*): 320mg standardised lipid extract (85-95% fatty acids)
- European Pumpkin Seed (*Cucurbita pepo*): Rich in delta-7-sterols and bioavailable zinc
- Pygeum Africanum Bark: 100mg daily supporting bladder wall tone & elasticity
- Chelated Zinc Bisglycinate: 15mg daily supporting prostate cell integrity

3. Weekly Grocery & Apothecary Checklist

- [x] Raw unpasteurised green pumpkin seeds (pepitas)
- [x] Standardised Saw Palmetto herbal tea or extracts
- [x] Organic vine plum tomatoes & cold-pressed virgin olive oil
- [x] Dried stinging nettle root (*Urtica dioica*)
- [x] Brazil nuts & sunflower seeds for organic selenium & vitamin E

Notice: For educational purposes only. Always consult your NHS GP regarding urinary symptoms.

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