

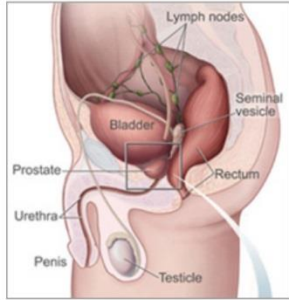


5 Multi-formulas for Men's Health

**Atomy**  
**O- Saw Palmetto**

Dietary Supplement  
500mg×90capsules (45g)

# Awareness of Prostate Health



Picture: from Wikipedia

## ✓ Prostate?

**The prostate gland is a male reproductive organ that is a size of a walnut.**

It surrounds the urethra and urinary bladder and it secretes the prostatic fluid which is one of the components of semen. The prostatic fluid also protects sperm.

## ✓ Why keeping prostate health is important?

As men reach their 40s, the symptoms of prostate problems can be found and men who are older have a higher chance of developing the symptoms. This is associated with enlarged prostate due to hormone. Recently it is emerged as a serious problem among younger generations because of their daily lifestyle like sitting all day long, driving for long hours, work stress, drinking, smoking, and meat consumption. Therefore it is important to keep prostate function healthy before any symptoms develop.

# Awareness of Prostate Health



## ✓ Self-assessment Test

- ✓ You have a sensation that your bladder was not completely empty after you finished urinating.
- ✓ You have to urinate twice or more within 2 hours.
- ✓ Urine stream stops and starts several times during urination.
- ✓ It is difficult to postpone urination.
- ✓ You have to push or strain to start the flow of urine.
- ✓ You get up during the night to urinate.

# Atomy O-Saw Palmetto



## What is Saw Palmetto?

Saw palmetto, also known as *Serenoa repens*, is a fan leaf palm tree that can be found along the seashore of Florida. It can live up to 700 years and is resistant to fire, drought and insects. Native Americans used this fruit for prostate health.



## Saw Palmetto Mechanism

Saw palmetto may block 5- $\alpha$ -reductase, an enzyme that converts testosterone (T) to dihydrotestosterone (DHT). By blocking, it inhibits prostate cell growth and prevents enlargement of prostate.

# Atomy O-Saw Palmetto



## 5 Multi-formulas for Men's Health

**Garlic, raspberry and other 7 more supplementary ingredients added  
May promote prostate health function and stamina**

- ☑ Contains 5 functional ingredients  
(saw palmetto extract, octicosanol, vitamin e, zinc, selenium)
- ☑ Pumpkin seed oil, grape seed oil, maca extract powder, L-arginine, tomato extract powder, rubus coreanus extract powder and garlic extract powder added.
- ☑ One capsule a day, simple intake!

# Atomy **O-Saw Palmetto**



## **Saw Palmetto**

Is a fan leaf palm tree that can live up to 700 years and has a strong regrowth power when exposed to fire. American Indians used this fruit to treat reproductive system problems of men.



## **Octacosanol**

Is a bioactive substance that boosts energy and stamina which was found by Dr. Thomas K. Cureton of University of Illinois during his study on migratory bird's energy source.



## **Zinc**

Casanova's everyday meal, oysters are the richest source of zinc. Zinc is an essential mineral that plays important roles in cell growth, protein synthesis and the metabolism of nucleic acid like DNA and RNA.



## **Vitamin E**

It protects lipids and prevents the oxidation of polyunsaturated fatty acids which is the structural component of cell membrane.



## **Selenium**

It helps eliminate free radicals to prevent cell damage.

5<sup>power</sup>  
Up

