

# Men's Health



## Reach the peak of your health potential

Being a man is full of rewards. It's also full of challenges. At Prairie Naturals, we believe the best investment any man can ever make is to invest in his own health and well-being. Our premium quality men's natural health formulas give you the confidence, vigor and stamina to stand up to life's many changes and challenges.

prairienaturals®

# Men's Health

Did you know...

Testosterone levels decrease after the age of 30.

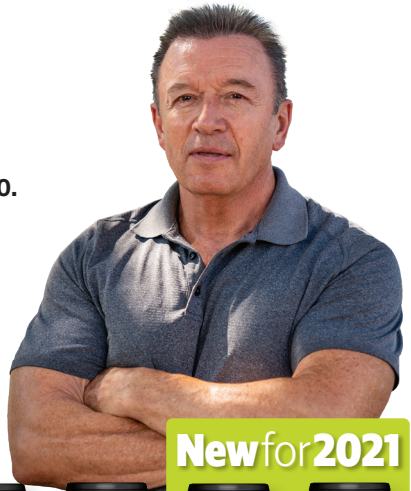
Hormonal balance is key to male vitality.

Our premium quality men's natural health formulas give you the confidence, vigor and stamina to stand up to life's many changes and challenges throughout your lifetime.

*Robert Pierce*

**Robert Pierce**

President - Prairie Naturals Men's Health Advocate



**New for 2021**



Age	Prostate Health	Libido Support	Testosterone Booster	Hormone Health	Performance & Recovery	Increase Energy	Relieve Stress	Support Testosterone
20			♂		♂	♂	♂	♂
30			♂		♂	♂	♂	♂
40	♂	♂	♂	♂	♂	♂	♂	♂
50	♂	♂		♂	♂	♂	♂	♂
60	♂	♂		♂	♂	♂	♂	

## Canada's #1 Men's Health Brand

### Age 20-40

- Build lean tissue
- Boost virility
- Support nutritional needs
- Maintain testosterone levels
- Reduce cortisol
- Manage stress
- Reduce estrogen
- Support sleep

### Age 40-60

- Improve libido
- Reduce estrogen
- Better sleep
- Reduce cortisol
- Prevent Benign prostatic hyperplasia (BPH)
- Reduce frequency of urination
- Support for erectile dysfunction
- More energy

### Age 60+

- Improve prostate health
- More energy & vitality
- Reduce risk of male cancers
- Support for erectile dysfunction
- Reduce frequency of urination
- Improve libido
- Better sleep
- Prevent Benign prostatic hyperplasia (BPH)

# prostforce

## Protect your prostate for life!

Most men probably never even think about their prostate gland until they have a feeling that something's "not quite right" but the functioning of this small, donut-shaped muscular gland sure can make a big impact on a guy's life. Just ask any man around the age of 50. That's about the time of life when men start to get personally acquainted with the many unpleasant symptoms of prostate problems.

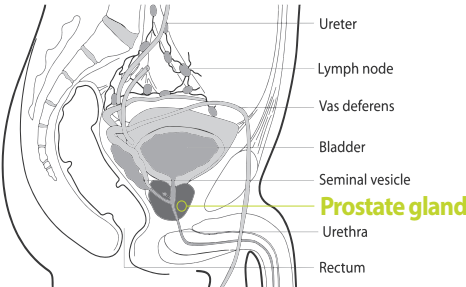
Prairie Naturals Prost-Force is an evidence based formulation that synergistically combines the key nutritional and phytochemical ingredients researchers recommend for prostate health.

Even younger men need to be pro-active to protect and improve the health of this important gland that, among other things impacts on sexual satisfaction. Don't wait until you have symptoms of a prostate gland in distress. Protect your prostate now and prevent potentially serious problems later with Prairie Naturals Prost-Force.



## Prost-Force is ideal for:

- Men in the age category of 40 and beyond
- Men looking to start a preventative regime for their prostate health
- Men looking for a drug-free, proven effective, natural supplement for prostate and urinary tract support
- Men wanting restful sleep and fewer bathroom trips at night
- Men looking for erectile dysfunction support



## Prost-Force may help to:

- Promote healthy prostate function
- Reduce DHT (Dihydrotestosterone) without this negative side effect
- Improve urinary health and reduces frequency of urination
- Reduce the discomfort of prostate enlargement

## Each softgel capsule contains:

Saw palmetto (10:1) liposterolic extract ( <i>Serenoa repens</i> , Fruit).....	80 mg
Standardized to 90 % Free fatty acids, esters and sterols Equivalent to 800 mg raw herb equivalent	
Lycopene ((all-trans)-Lycopene, <i>Solanum lycopersicum</i> L. – Fruit) .....	0.25 mg
Pumpkin ( <i>Cucurbita pepo</i> L., Seed oleoresin) .....	300 mg
Pygeum ( <i>Prunus africana</i> , Stem bark) Standardized to 25 % Phytosterols .....	10 mg
Stinging nettle (4:1) extract ( <i>Urtica dioica</i> L., Root) Equivalent to 500 mg raw herb.....	125 mg
Vitamin B6 (Pyridoxine hydrochloride).....	12 mg
Pumpkin (4:1) extract ( <i>Cucurbita pepo</i> L., Seed) Equivalent to 160 mg of raw herb .....	40 mg
Zinc (Zinc citrate).....	10 mg
Lecithin (Lecithin, <i>Glycine max</i> L. – Seed).....	100 mg

# stressforce for men

New for 2021



## Reduce the symptoms of stress.

Stress-Force for Men targets the adrenal gland and supports hormonal balance by helping to control cortisol levels. Formulated with bovine adrenal gland cortex; an extract of adrenal glands from animals that provide all the functional enzymes within the gland. These glandular ingredients may be the most important factor in supporting your body's ability to respond to stress by restoring the organ itself.

## Stress-Force for men is ideal for:

- Men who experience chronic stress or mental fatigue
- Men who need temporarily relief from symptoms of stress
- Men who have been diagnosed with Adrenal fatigue
- Men who have trouble sleeping or have low daytime energy due to stress or worry

## Stress-Force for men may help to:

- Support healthy adrenal function and helps provide relief from symptoms of mental and physical stress.
- Support cognitive function and mental stamina
- Improve energy and reduce feelings of fatigue and weakness
- Support recovery and healing
- Support healthy immune function



- Stress-Force for men relieves symptoms of stress
- Improves mental fatigue & mood

## Each capsule contains:

Bovine adrenal gland cortex (bos taurus) .....	100 mg
L-Tyrosine (N-acetyl-L-tyrosine).....	250 mg
Rhodiola (Rhodiola rosea L.) PE root (standardized extract 3% rosavins, 1% salidroside) .....	75 mg
<b>Activated Vitamin B Complex</b>	
Vitamin B-1 (benfotiamine 12.9mg, thiamine HCl 5mg) .....	17.9 mg
Vitamin B-2 (riboflavin as riboflavin 5'-phosphate).....	25 mg
Vitamin B-3 (niacin as inositol hexanicotinate) .....	19.25 mg
Vitamin B-5 (pantothenic acid as calcium-d-pantothenate) .....	50 mg
Vitamin B-6 (pyridoxal 5'-phosphate, P5P) .....	25 mg
Vitamin B-9 (folate as L-5-methyltetrahydrofolate, MTHF-5).....	400 mcg
Vitamin B-12 (methylcobalamin) .....	500 mcg
Vitamin C (as magnesium ascorbate, zinc ascorbate) .....	81.5 mg
Magnesium (magnesium ascorbate) .....	4.88 mg
Zinc (zinc ascorbate) .....	3.75 mg
Inositol (inositol hexanicotinate).....	5.75 mg

# testforce

## Testosterone booster

**Test-Force stimulates the body's hormonal system to encourage optimal testosterone production.**

### Test-Force for men is ideal for:

- Men who need to increase testosterone levels
- Men looking to increase libido
- Men feeling sluggish & low energy
- Men looking to add lean muscle
- Men looking for hormonal support

### Test-Force may help to:

- Increase the release of gonadotropin-releasing hormone (GnRH) from the hypothalamus gland.
- Increase testosterone production by stimulating luteinizing hormone release from the pituitary gland.
- Provides the nutrients to support greater testosterone production in Leydig cells.
- Prevent the biodegradation of testosterone by the liver.
- Block the conversion of testosterone to dihydrotestosterone (DHT)
- Block the conversion of testosterone to estrogen by inhibiting aromatase
- Increase free testosterone which binds to androgen receptors stimulating:
  - Increased protein synthesis
  - Increased growth hormone
  - Greater activation of satellite cells Increased rate of new muscle fiber formation.



## Testosterone production is complicated

The process is complicated and can be inhibited by factors including diet, exercise, stress, environmental factors, age, and well-being.



### Each softgel capsule contains:

Fenugreek Extract (10:1/4:1/Powder) (Trigonella foenum-graecum) (20.0 % Saponins) .....	205 mg
Bulgarian Tribulus Terrestris Extract (4:1/Powder) .....	250 mg
Stinging Nettle Extract (4:1) (Urtica dioica) .....	30 mg
Magnesium Aspartate .....	25 mg
Zinc Aspartate.....	7.1 mg
Vitamin B6 (Pyridoxal 5'-phosphate) .....	2.6 mg
Saw Palmetto (Serenoa repens) (70% fatty acid) .....	40 mg
Hesperidin Complex (Bioflavonoid) .....	12.5 mg
Chamomile Extract (4:1) (Matricaria chamomilla) .....	12.5 mg



# vigorforce

## Have the vigor & stamina you want!

Prairie Naturals best-selling Vigor-Force for men is better than ever! Vigor-Force is in softgel capsules providing an improved delivery system within an enhanced nutrient base. With more "Sexy Time" ingredients - Eurycoma longifolia jack (Tongkat Ali), Rhodiola rosea, Tribulus terrestris, Panax ginseng, Ginkgo biloba, Saw palmetto and Pumpkin seed oil, Vigor-Force gives men just the right kind of energy lift.

A man's sex drive is dependent on many health factors. Testosterone, stress and energy levels all make a big difference. Prairie Naturals Vigor-Force is a little capsule with big results. Recent scientific research supports the safe and effective use of the therapeutic botanicals in Vigor-Force. This balanced blend of traditional, therapeutic plants and plant extracts successfully used by men from around the world gives men a distinctive boost to the quality and quantity of their energy.

## Vigor-Force is ideal for:

- Aging men looking to put some sizzle back in their game
- Men of all ages experiencing erectile dysfunction
- Men of all ages wanting more energy and vitality in there day, and night

## Vigor-Force may help to:

- Boost testosterone
- Provide a distinctive boost to male energy
- Nourish & balance male hormones
- Increase blood flow to penis
- Reduce stress thus increasing sexual performance
- Reduce the symptoms of benign prostatic hyperplasia (BPH)

## Each softgel capsule contains:

Bulgarian tribulus terrestris (Whole) Extract 5:1.....	100 mg
Rhodiola rosea (Root) Extract (3% Rosavin; 1% Salidroside) .....	100 mg
Eurycoma longifolia (Tongkat-Ali) P.E. 50:1 .....	50 mg
Panax ginseng (Root) Extract (4% ginsenosides).....	50 mg
Ginkgo biloba (Leaf) Extract (24% flavone glycosides, 6% terpene lactones).....	30 mg
Saw Palmetto Extract 85-95% Fatty Acids.....	25 mg
Pumpkin seed oil (Cucurbita pepo) .....	25 mg



# androforce

## Manopause is real!

Also known as the “low-T phenomenon” where natural testosterone levels begin to drop along with muscle tone, strength and sexual stamina. Testosterone and estrogen levels are a delicate balance in both males and females. Stress, sleep disorders and normal aging are responsible for hormone fluctuations that lead to feeling old and tired. New AndroForce helps your body manage stress and cortisol levels which can aid your hormonal feedback mechanisms to boost testosterone and reduce estrogen levels resulting in a youthful energy.

## Andro-Force is ideal for:

- Men experiencing andropause symptoms
- Men under high stress
- Men aged 30 plus who want to improve free testosterone

## Andro-Force may help to:

- Reduce stress
- Increase free testosterone levels
- Decrease estrogen dominance
- Increase overall energy
- Increase sex drive
- Lift mood
- Reduce body fat



## Each softgel capsule contains:

Ashwagandha Root and Leaf extract (8% withanolides)-Sensoril.....	125 mg
Pantothenic Acid (Vitamin B5) .....	50 mg
Pyridoxal 5' Phosphate (Vitamin B6) .....	25 mg
DIM (3,3 Diindolyl Methane) .....	50 mg
Rhodiola rosea P.E .....	150 mg
Pumpkin seed oil.....	150 mg
Stinging nettle root P.E. 4:1 with 1% Beta-sitosterol .....	100 mg



# z•magforce

## Supports testosterone to improve sleep & recovery.

Z•Mag Force is a combination of minerals, delivered in scientifically proven dosages, shown to increase testosterone levels and muscle strength, while also improving sleep. Zinc and magnesium are essential for proper hormonal and immune support. Z•Mag Force contains highly bioavailable forms of zinc and magnesium and P-5-P B6 to further enhance the absorption of zinc and magnesium. With added Holy Basil to aid in adrenal support and hormone balance. Holy Basil helps the body in dealing with the effects of stress and anxiety.

### Z•Mag-Force is ideal for:

- Men needing to replace critical building blocks of testosterone
- Men wanting to consume these valuable supplements before bed to improve recovery
- Persons who are under increased stress, such as athletes, students and those who are overworked



### Z•Mag-Force may help to:

- Repair deficiencies of zinc, magnesium and B6
- Improve testosterone production
- Maintain proper muscle function
- Reduce muscle cramping
- Reduce fatigue
- Reduce anxiety, depression and induce more restful sleep

### Two V-capsules contain:

Magnesium (L-aspartate, Oxide).....	450 mg
Zinc (L-carnosine).....	30 mg
Vitamin B6 (Pyridoxal 5'-phosphate).....	10 mg
Holy basil extract (2.0% Ursolic acid leaf) .....	100 mg

## Commonly asked questions about men's health issues

**Question:** What is Benign Prostatic Hyperplasia (BPH) **Answer:** Benign Prostatic Hyperplasia (BPH) afflicts many men as they age. Studies have shown 50% of men between 51-60, and 90% of men over 80 suffer from this benign enlargement of the prostate. [2] While it may be termed benign, it comes with unpleasant side effects such as a frequent urge to urinate, especially at night, and the potential for developing into more serious prostate issues.

**Question:** Why do some men experience a loss of libido? **Answer:** Losing interest in sex affects about 15% to 16% of men, and at least double that many women. The age-related decrease in libido among men is most frequently attributed to a decline in testosterone levels and to changes in receptor site sensitivity to androgen. According to MayoClinic.com, testosterone levels in men peak during the teen and early adult years, then decrease about 1 percent a year after age 30. Diet, exercise, lifestyle factors and supplements can boost natural testosterone production.



# multi force men active

## Daily iron-free multiple vitamins

Nutritional Insurance for real life! Multi-Force Men active daily iron-free ensures your daily optimal nutritional needs are fulfilled. Synergistically formulated to deliver a broad spectrum of more than 35 bioavailable vitamins, minerals, enzymes and antioxidants within a natural matrix of three powerful green superfoods - green tea, organic chlorella and spirulina.

## Multi-Force Men Active is ideal for:

- Men of all ages
- Men looking to improve their energy levels
- Men who need nutritional support to reduce symptoms of stress
- Anyone who already has optimal iron levels
- Active men



## Each V-capsule contain:

Medicinal Ingredients	Daily Dose
Beta-carotene (all-trans beta carotene) 1500 mcg	7,500IU/UI
Vitamin D3 (vitamin D) (cholecalciferol) 4.165 mcg	500IU/UI
Vitamin E (d-alpha-tocopheryl succinate) 22.311 mg AT	100IU/UI
Vitamin C (calcium ascorbate)	60mg
Vitamin B1 Thiamine (thiamine hydrochloride)	24mg
Benfotiamine	6mg
Vitamin B2 Riboflavin (riboflavin)	30mg
Niacinamide (niacinamide)	30mg
Vitamin B6 (Pyridoxine, HCl P5P)	29.5mg
Vitamin B12 (methylcobalamin)	1,000mcg
Folate (5-Methyltetrahydrofolate ) (5-MTHF)	1,000mcg
Biotin (biotin)	165mcg
Pantothenic acid (calcium-d-pantothenate)	30mg
Calcium (calcium citrate, calcium HVP** chelate)	92.5mg
Magnesium (magnesium oxide, magnesium citrate)	75mg
Boron (boron HVP** chelate)	100mcg
Zinc (zinc citrate)	15mg
Iodine (potassium iodide)	300mcg
Manganese (manganous citrate)	6mg
Copper (cupric HVP **chelate)	100mcg
Potassium (potassium citrate)	10mg
Chromium (chromic HVP** chelate)	201mcg
Selenium (selenomethionine)	100mcg
Molybdenum (molybdenum HVP** chelate)	51mcg
Vanadium (vanadium HVP** chelate)	75mcg
Vitamin K2 (menaquinone-7)	30mcg
Choline (choline bitartrate)	30mg
Inositol (inositol)	30mg
Betaine HCl (betaine hydrochloride)	60mg
Bromelain (ananas comosus var. comosus stem) (stem bromelain) (720000 FCC PU)	60mg
Organic Chlorella vulgaris broken cell	90mg
Horsetail Extract (equisetum arvense) (7% silica)	141mg
Green Tea Ext (camellia sinensis) (50% polyphenols)	90mg
PABA	15mg
Organic Spirulina Platensis (arthrospira platensis)	150mg

\*\*HVP (Hydrolysed Vegetable Protein chelate)

\*Multi-Force Daily Iron-Free Formula contains no iron.

# tribforce

## Adaptogen blend to manage stress.

Prairie Naturals Trib-Force is a blend of 2 powerful adaptogenic botanical extracts, Bulgarian Tribulus and Panax Ginseng. Tribulus terrestris is best known for its ability to promote a healthy libido and increase male energy. Tribulus has a strong anti-stress effect, which in turn helps prevent the over conversion of testosterone into estrogen. Stress and inflammation are the two biggest causes of erectile dysfunction, low testosterone and low energy in men.

Panax ginseng has been shown to reduce arterial stiffness leading to better blood flow in all parts of the male body. Ginseng is recognized as a traditional energy tonic.

## Trib-Force is ideal for:

- A wide variety of men who suffer from low libido and erectile dysfunction for reasons from stress to medical interventions
- Men 40 or older (prevent problems before they start)
- Men who want to increase lean muscle tissue
- Men with high life stress - from work or home
- Men who have had cancer and take medicine to lower their hormones
- Men with low testosterone
- Men who have taken steroids (for medical or sports purposes)

## Trib-Force may help to:

- Promote healthy libido and male energy
- Reduce the effects of stress
- Provides potent antioxidant and anti-inflammatory properties

## Each capsule contains:

Tribulus Terrestris (Tribulus, Whole Plant) Extract..... 500 mg  
Standardized to 45% Saponins.  
Panax ginseng (Korean Ginseng, Root) .....250 mg  
10:1 extract equivalent to 2500 mg of Panax ginseng.  
Standardized to 10% Ginsenosides.



**Question:** I am not even 45 years old but lately I have the urge to urinate much more frequently. Could this be a symptom of a prostate problem? **Answer:** Yes it could be. Frequent or urgent need to urinate is one of the first symptoms. Other symptoms can include: weak urine stream, difficulty starting urination, stopping and starting while urinating, increased frequency of urination at night.

**Question:** My wife says that she has noticed a change (not in a good way) in my sexual energy and stamina. Can stress make a difference in that way? **Answer:** Absolutely! Stress can seriously impact a man's performance. Other things that can affect sexual performance negatively are low levels of testosterone, sub-optimal nutrient intake, diabetes, alcohol, blood pressure, circulation and many prescription medications.

**Question:** I have heard that men go through a kind of change of life similar to a woman going through menopause. Is that true? **Answer:** Yes, it's looking like it is true. Researchers call it andropause and it is defined as the slow but steady reduction in testosterone and other hormone production that occurs with aging. The main symptoms are: loss of libido and potency, depression, nervousness, insomnia, tigue, inability to concentrate, loss of memory and sweating.

# Hormonal balance is key to male vitality

The hormone system is complicated and is influenced by several factors. Diet, exercise and supplements aid in managing hormones, especially the production of testosterone. A reduction in testosterone is notable as loss of libido and potency, loss of muscle mass, depression, nervousness, insomnia, fatigue, inability to concentrate, erectile dysfunction, frequency of urination, loss of memory and sweating.

To build testosterone and to manage hormone balance, Robert recommends herbal extracts, minerals and vitamins. Managing testosterone promotes youthful vitality and mitigates the effects of natural aging. Adding supplements to reduce the symptoms of stress, improve sleep and provide nutrition to the endocrine system.

- 1** Drink 4 liters (1 liter per 50lbs of body weight) of filtered alkaline water. Optimal hydration flushes toxins and improves all functions of the body. An alkaline host is a primary defense against disease. To further promote an alkaline state, add alkaline forming nutrients like the juice of half a lemon, fermented green foods, organic spirulina and organic chlorella.
- 2** Make a daily commitment to moving my body. I engage in high rep weight training alternating weights with cardio to keep my heart rate up using cardio equipment, stair climbing or body weight squats. Exercise improves our cardiovascular health and aids in stress management. Just 45 minutes of exercise even walking can increase free testosterone by up to 39.6%
- 3** Eat organic and choose nutrient dense superfoods. My kitchen at home and at the office is stocked with organic fruits, vegetable and proteins. Organic food reduces exposure to hormones that imbalance our system.
- 4** Listen to your body. If my body is telling me it is tired, I stop and listen, reset my boundaries, make better food choices and rest my body.
- 5** Poor diet, low levels of testosterone, obesity and many prescription medications can negatively influence male vitality. The good news is that many of these hazards can be addressed with preventative lifestyle choices and daily habits.

## Robert's 5 tips for Men's Health



Robert Pierce is the President and Owner of Prairie Naturals. Robert is passionate about product formulation and is an expert on male hormonal health, diet and exercise. Now in his sixties, Robert remains committed to a lifestyle promoting well-being.

# About Men's Health

Men have specific health needs and concerns and often ignore health warnings. Unchecked this can lead to a serious deterioration in health and vitality. Even more concerning, men are at higher risk of developing disease and die at higher rates for all the top 10 causes of death including: heart disease, diabetes, liver disease and even cancer. The good news is that many of these hazards can be addressed with preventative lifestyle choices and health promoting daily habits. Prairie Naturals has been a pioneer in men's health products since the early 1990's.

## Healthy ways to please your prostate

- Eat cooked tomatoes several times a week. Lycopene, one of the phytochemicals in tomatoes and watermelon, reduces the risk of prostate cancer.
- Use herbs and spices - especially garlic, oregano, rosemary and cinnamon to boost the antioxidant content of meals.
- Eat nuts and seeds. Pumpkin seeds, sesame seeds and ground flax seeds are especially good for prostate health.
- Eliminate or reduce coffee. Drink more water. Drinking green tea boosts your body's cancer-fighting antioxidants.
- Add fermented soy foods to your diet.
- Limit dairy foods. Milk products are suspected of increasing the potential for prostate cancer.
- Dose up on Vitamin D3. Exciting new research is showing that Vitamin D reduces prostate cancer risk.
- Go green. Cruciferous veggies prevent prostate cancer. Eat broccoli, cauliflower, Brussels sprouts, kale, cabbage, collard greens, kohlrabi, mustard, rutabaga, turnips, bok choy, Chinese cabbage and arugula.
- Go blue. Research shows that blueberries inhibit the growth of prostate cancer cells.
- Sexercise. Add more sex & exercise to your life.



Available in:

Prost-Force (30/60/120 Softgels) Vigor-Force (30/60/120 Softgels) Andro-Force (60/120 Softgels) Z-Mag-Force (60/120 V-Caps) Trib-Force (60 Capsules) Multi Force Men Active (60 V-Caps) Stress-Force Men (60 Capsules) Test-Force (60 V-Caps)