

# Prostate 911 Reviews Is It Effective? Real Customer Results (2025) (2025LRJH)

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## Introduction

The challenges associated with an aging prostate are a significant concern for millions of men worldwide. As men advance in years, issues like frequent nighttime urination, a weak stream, and the constant urge to go can drastically impact quality of life, sleep, and overall well-being. In the vast landscape of dietary supplements promising relief, Prostate 911 has emerged as a prominent contender, claiming to offer a natural solution to these pervasive problems. Developed by PhytAge Labs, a company known for its range of health products, **Prostate 911 positions itself** as a comprehensive formula designed to support prostate health.

But with so many options available, and a natural skepticism surrounding health claims, a critical question arises: Is Prostate 911 truly legitimate? Does it deliver on

its promises, or is it another fleeting trend in the supplement market? This in-depth investigation aims to cut through the marketing rhetoric and provide an unbiased, data-driven analysis of Prostate 911. We will meticulously examine its ingredients, scrutinize its claimed mechanisms, dissect real user experiences, and evaluate the overall value proposition. Our goal is to equip you with all the necessary information to make an informed decision about whether Prostate 911 is the right choice for your prostate health journey.

**Want to learn more?**



**Explore Prostate 911 Options**



## Real User Reviews and Complaints: A Polarized Landscape

Exploring real user reviews provides invaluable insight into a product's real-world performance, often revealing experiences that marketing claims can't capture. For Prostate 911, the landscape of customer feedback is, as often seen with popular supplements, quite polarized, showcasing both enthusiastic endorsements and significant complaints.

### Positive Reviews and Reported Benefits:

Many positive testimonials for Prostate 911 echo the product's advertised benefits. Users who report positive outcomes frequently mention:

- \* **Reduced Nocturia:** A significant number express relief from waking up multiple times at night to urinate, leading to improved sleep quality and feeling more rested during the day. This is a common and highly desired outcome for men with BPH.
- \* **Improved Urinary Flow:** Users describe a stronger, more consistent urinary stream, and a reduction in hesitancy or dribbling.
- \* **Feeling of Complete Emptying:** Some report feeling more confident that their bladder is fully empty after urination, alleviating discomfort and the constant urge to go.
- \* **Overall Comfort:** A general sense of reduced discomfort or pressure in the prostate area is also cited.

- \* **Natural Approach:** Many appreciate the natural ingredient profile and prefer it as an alternative or complement to prescription medications, often citing fewer side effects compared to pharmaceutical options.

- \* **Gradual Improvement:** Positive reviews often highlight that the benefits were not instantaneous but developed gradually over several weeks or months of consistent use.

These positive experiences suggest that for some individuals, Prostate 911's blend of ingredients does appear to contribute to symptomatic relief, improving their daily lives and sleep patterns.

### **Negative Reviews and Common Complaints:**

However, the positive feedback is often balanced by a significant volume of negative reviews and complaints, which typically fall into several categories:

- \* **Lack of Efficacy:** This is perhaps the most common complaint. Many users report experiencing no discernible benefits whatsoever, even after consistent use for several months. They state that their symptoms of frequent urination, weak stream, or discomfort remained unchanged, leading to disappointment and a feeling of wasted money.

- \* **Slow Results/Impatience:** Some users give up too soon, expecting immediate results, while prostate issues and natural remedies often require longer periods to show effects. However, for those who use it for extended periods without results, this becomes a genuine complaint.

- \* **Side Effects:** While generally mild, some users do report digestive upset (stomach pain, nausea), headaches, or other minor discomforts that lead them to discontinue use.

- \* **Pricing and Value:** For those who don't experience benefits, the cost of Prostate 911 can feel excessively high, leading to complaints about poor value for money.

- \* **Subscription Issues/Customer Service:** A recurring complaint, especially on platforms like the Better Business Bureau (BBB) or Trustpilot, revolves around issues with subscriptions, unwanted recurring charges, difficulty canceling orders, or challenges in obtaining refunds under the money-back guarantee. Some users report delays or unresponsiveness from customer service when attempting to resolve these issues. This can significantly tarnish the brand's reputation even if the product itself might be effective for some.

\* **Marketing Practices:** Some consumers feel that the marketing claims are overly aggressive or create unrealistic expectations, leading to dissatisfaction when the product doesn't deliver a "miracle cure."

In conclusion, the user sentiment for **Prostate 911** is a mixed bag. While a segment of users reports significant relief and improvement in their prostate symptoms, another substantial group finds the product ineffective or encounters issues with the ordering process and customer service. This polarized landscape underscores the highly individual nature of supplement efficacy and the importance of due diligence, not just on the product itself, but on the company's operational practices.

Ready to try it yourself?

 **Secure Your Prostate 911** 

## Safety and Potential Side Effects

When considering any supplement, understanding its safety profile and potential side effects is paramount. **Prostate 911**, being a blend of natural ingredients, is generally considered safe for most healthy adult men when taken as directed. However, "natural" does not equate to "without side effects," and individual reactions can vary.

Many of the primary ingredients in **Prostate 911**, such as Saw Palmetto, Pygeum, and Beta-Sitosterol, are well-studied and typically associated with a low incidence of side effects. When side effects do occur, they are usually mild and may include:

- \* **Digestive Upset:** Nausea, diarrhea, constipation, or mild stomach discomfort are the most commonly reported side effects, especially when taken on an empty stomach.
- \* **Headaches:** Some users may experience mild headaches.
- \* **Dizziness:** Infrequent reports of dizziness have been noted with some prostate support ingredients.
- \* **Allergic Reactions:** As with any supplement, there's a small risk of allergic reaction to specific plant extracts for sensitive individuals.

It is crucial to be aware of certain considerations:

\* **Medication Interactions:** Individuals taking prescription medications, especially blood thinners, hormone therapies, or medications for prostate conditions (like alpha-blockers or 5-alpha reductase inhibitors), should consult their doctor before taking Prostate 911. Some ingredients, like Saw Palmetto, may have mild hormone-like effects or interact with other medications.

\* **Pre-existing Conditions:** Men with underlying medical conditions, particularly those related to the liver, kidneys, or hormonal imbalances, should seek medical advice prior to use.

\* **Dosage:** Adhering to the recommended dosage is essential. Taking more than recommended does not necessarily increase benefits and can increase the risk of side effects.

\* **Manufacturing Standards:** PhytAge Labs states that Prostate 911 is manufactured in an FDA-registered and GMP (Good Manufacturing Practices) certified facility. This indicates a commitment to quality control, consistent production, and adherence to certain safety standards. While not a guarantee of efficacy, GMP certification helps ensure that the product contains what it claims to contain and is free from contaminants.

The company does not typically list specific warnings or extensive lists of potential side effects on its main sales page, relying on the general safety of the natural ingredients. However, transparency about potential mild reactions and interactions is always beneficial. As with any new supplement, the safest approach is to start with the recommended dose, monitor your body's reaction, and discontinue use if any adverse effects are experienced. Most importantly, it is highly recommended to consult a healthcare professional before beginning any new supplement regimen, especially for those with existing health conditions or who are on medication, to ensure it is appropriate and safe for your individual circumstances.

**Ready to make a change?**

 **Find Out More About Prostate 911** 

## Final Verdict: Is Prostate 911 Worth Your Investment?

After a thorough investigation into Prostate 911, considering its ingredients, claimed mechanisms, advertised benefits, safety profile, and real-world user experiences, a nuanced verdict emerges. Prostate 911 is not a miraculous cure, nor is it a complete scam. Its position in the market is complex, reflecting the highly individual nature of supplement efficacy.

On one hand, **Prostate 911 incorporates several** ingredients – such as Saw Palmetto, Beta-Sitosterol, Pygeum Africanum, and Zinc – that have a legitimate body of scientific research supporting their traditional use and potential benefits for prostate health and the alleviation of BPH symptoms. For some individuals, these ingredients, working in synergy, may indeed offer relief from the frustrating symptoms of frequent urination, weak flow, and discomfort. The company's commitment to GMP manufacturing standards is also a positive indicator of quality control. The 90-day money-back guarantee, at face value, offers a seemingly risk-free trial.

On the other hand, the inconsistency in user experiences is a significant red flag. A substantial portion of customers reports little to no benefit, which, coupled with the relatively high price point, leads to feelings of disappointment and wasted investment. Furthermore, the recurring complaints regarding customer service, particularly concerning subscription issues and difficulties in obtaining refunds, raise serious concerns about the company's operational transparency and support for its customers. While the ingredients are generally safe, natural does not mean devoid of mild side effects, and interactions with medications are always a possibility.

### Who is Prostate 911 for?

Prostate 911 might be worth considering for:

- \* Men experiencing mild to moderate BPH symptoms who are looking for a natural, non-prescription approach.
- \* Individuals who have found traditional remedies like Saw Palmetto beneficial in the past and are open to a comprehensive blend.
- \* Those who prioritize natural ingredients and are committed to consistent, long-term use, understanding that results may be gradual.

### Who should probably avoid **Prostate 911**?

It is likely not the best fit for:

- \* Men with severe prostate issues or those who have been diagnosed with prostate cancer or other serious conditions, as supplements should never replace medical treatment.
- \* Individuals seeking immediate or guaranteed results, as efficacy is highly variable.
- \* Those on multiple prescription medications, especially for prostate issues, without prior consultation with a doctor due to potential interactions.
- \* Anyone with a low tolerance for potential customer service hurdles or who is wary of subscription models without clear control.
- \* Budget-conscious consumers, given its higher price point.

### **Final Recommendation:**

Ultimately, Prostate 911 presents a blend of potentially beneficial ingredients for prostate health. For some, it may offer noticeable symptomatic relief and an improved quality of life. However, its effectiveness is far from universal, and the reported customer service issues are a legitimate concern that potential buyers must weigh carefully.

Before investing in **Prostate 911**, or any supplement for prostate health, it is **imperative to consult with a qualified healthcare professional**. A doctor can accurately diagnose your prostate condition, rule out more serious issues, and advise on whether a supplement like Prostate 911 is appropriate for your specific health needs, especially if you are on medication or have pre-existing conditions. Understand that while supplements can support overall health, they are not a substitute for professional medical advice or prescribed treatments. Thoroughly review the product's official website for the most current pricing and the detailed terms of the money-back guarantee, and be prepared to be diligent if you need to utilize the refund policy.

## **Pros and Cons of Prostate 911**

To provide a quick summary for potential users, here are the main advantages and disadvantages of **Prostate 911 based on** our comprehensive investigation:

### **Pros:**



- \* **Natural Ingredients:** Formulated with a blend of well-known natural ingredients traditionally used for prostate health (e.g., Saw Palmetto, Beta-Sitosterol, Pygeum).
- \* **Potential for Symptom Relief:** For some users, it may help alleviate common BPH symptoms like frequent urination (especially at night), weak stream, and incomplete bladder emptying.
- \* **Antioxidant and Anti-inflammatory Support:** Many ingredients offer general cellular protection and may help reduce prostate inflammation.
- \* **GMP Certified Facility:** Manufactured in an FDA-registered and GMP-certified facility, indicating adherence to quality manufacturing standards.
- \* **Money-Back Guarantee:** Offers a 90-day money-back guarantee, providing a window for customers to try the product risk-free (though refund process issues have been reported).

## Cons:

- \* **Inconsistent Efficacy:** A significant portion of user reviews report no noticeable benefits, suggesting that its effectiveness varies widely among individuals.
- \* **High Price Point:** Compared to some other prostate supplements on the market, Prostate 911 can be quite expensive, especially if buying single bottles.
- \* **Customer Service Concerns:** Recurring complaints regarding difficulties with subscription cancellations, unwanted charges, and challenges in obtaining refunds from customer service.
- \* **No Immediate Results:** As with most natural supplements, results are not immediate and require consistent use over several weeks or months, which can be frustrating for some users.
- \* **Limited Clinical Trials on the Final Product:** While individual ingredients have research, there is generally a lack of specific, large-scale clinical trials on the Prostate 911 formulation itself.
- \* **Potential for Mild Side Effects:** Though rare, some users report mild digestive upset, headaches, or dizziness.

## User Testimonial

The only product that actually worked for me. - Fatima Z.



Ready to take the next step?

 [Explore Prostate 911 Options](#) 

## The Advertised Benefits of Prostate 911

According to the official website and marketing materials for Prostate 911, users can expect a range of benefits aimed at improving prostate health and overall quality of life for men experiencing BPH symptoms. These advertised benefits are typically presented as the direct results of the supplement's comprehensive formulation.

The primary advertised benefits include:

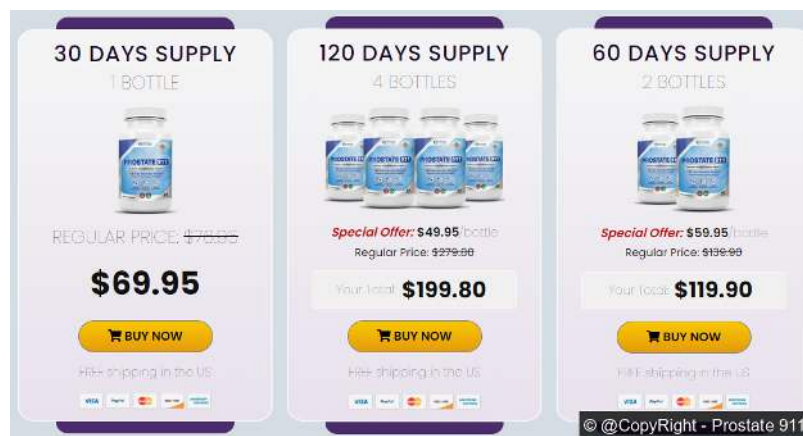
- \* **Reduction in Frequent Urination:** This is often highlighted as a key benefit, particularly the reduction in the urge to urinate often, both during the day and especially at night (nocturia). The product aims to help users sleep through the night without multiple trips to the bathroom, leading to improved rest and energy levels.
- \* **Stronger Urinary Flow:** Users are promised a more robust and consistent urinary stream, addressing issues like hesitancy, dribbling, and a weak flow that can be frustrating and indicative of prostate enlargement.
- \* **Complete Bladder Emptying:** The supplement purports to help men feel like they have fully emptied their bladder after urination, thereby reducing the sensation of needing to go again shortly after and preventing residual urine, which can lead to discomfort or infection.
- \* **Shrinking of the Prostate Gland:** While this claim is often made carefully due to regulatory guidelines, the implication is that the ingredients work to reduce the size of the enlarged prostate, thereby alleviating pressure on the urethra.
- \* **Reduced Inflammation and Discomfort:** Prostate 911 claims to target inflammation within the prostate, which can contribute to pain and discomfort, leading to a healthier and more comfortable prostate.

\* **Overall Prostate Health Support:** Beyond specific symptom relief, the product is marketed as providing general nutritional support for the prostate, protecting its cells from damage, and promoting long-term wellness.

\* **Improved Quality of Life:** By addressing the bothersome symptoms of BPH, the supplement aims to enhance overall quality of life, allowing men to engage in daily activities, travel, and sleep uninterrupted, leading to greater confidence and well-being.

These benefits are framed as a natural and effective way to combat the signs of an aging prostate, offering men an alternative or complementary approach to conventional treatments.

*Editor's note: Always store supplements in a cool, dry place for best potency.*



## How Does Prostate 911 Work?

Prostate 911's claimed mechanism of action revolves around a multi-faceted approach, leveraging a blend of natural ingredients, each selected for its purported role in supporting prostate health and urinary function. The underlying premise is that prostate enlargement and related symptoms are often linked to hormonal imbalances (specifically involving testosterone and DHT), inflammation, and oxidative stress. Prostate 911 aims to address these factors to promote a healthier prostate and alleviate uncomfortable symptoms.

Firstly, a significant portion of the formula is geared towards supporting healthy testosterone levels and modulating the conversion of testosterone into dihydrotestosterone (DHT). DHT is a potent androgen that is believed to play a

crucial role in the development and growth of prostate cells, and its accumulation can contribute to BPH. Ingredients like Saw Palmetto are traditionally used for this purpose, aiming to inhibit the enzyme 5-alpha reductase, which converts testosterone to DHT. By potentially reducing DHT levels, the supplement aims to prevent further enlargement of the prostate gland and potentially reduce its current size, thereby alleviating pressure on the urethra.

Secondly, the formula incorporates ingredients with anti-inflammatory properties. Chronic inflammation within the prostate can exacerbate symptoms of BPH and contribute to discomfort. By including compounds that may help reduce inflammation, Prostate 911 aims to soothe irritated prostate tissue, potentially reducing swelling and associated pain or urinary difficulties.

Thirdly, the supplement is designed to provide antioxidant support. Oxidative stress, caused by an imbalance between free radicals and antioxidants in the body, can damage cells, including those in the prostate. By supplying a range of antioxidants, Prostate 911 intends to protect prostate cells from damage, maintain cellular integrity, and support overall prostate health at a foundational level.

Beyond these core mechanisms, several ingredients in Prostate 911 are included to directly support urinary flow and bladder function. This means reducing the frequency and urgency of urination, strengthening the urinary stream, and ensuring more complete bladder emptying. Ingredients known for their diuretic or bladder-toning effects are often part of such formulas.

In essence, Prostate 911 claims to work by:

1. **Hormonal Balance:** Modulating DHT levels to support prostate size.
2. **Anti-inflammatory Action:** Reducing inflammation within the prostate gland.
3. **Antioxidant Protection:** Shielding prostate cells from oxidative damage.
4. **Urinary Support:** Improving bladder control and urinary flow.

By targeting these interconnected pathways, Prostate 911 aims to provide comprehensive relief from prostate-related symptoms and foster a healthier prostate environment.

*Did you know? Tracking your progress can help you see the benefits of a new supplement over time.*

Ready to experience the benefits?

 [Get Your Prostate 911 Now](#) 

## Prostate 911 Pricing, Packages, and Guarantee

Understanding the financial commitment and purchasing terms for **Prostate 911 is crucial** for prospective buyers. The product is primarily sold through its official website, which offers tiered pricing structures designed to encourage larger purchases.

### Pricing Packages:

- \* **1 Bottle (30-day supply):** Typically priced around **\$69.95** per bottle. This is the highest per-bottle cost.
- \* **3 Bottles (90-day supply):** Often offered at a discounted rate, bringing the per-bottle cost down. For example, a common offer might be **\$179.85** total, equating to **\$59.95** per bottle.
- \* **6 Bottles (180-day supply):** This is usually the most economical option, with the deepest discount per bottle. A common offer might be **\$299.70** total, equating to **\$49.95** per bottle.

*Note: These prices are illustrative and can fluctuate based on promotions, discounts, and the company's current sales strategy. It's always best to check the official website for the most up-to-date pricing.*

### Shipping:

Most offers on the official website include **free shipping** within the United States, especially for multi-bottle packages. International shipping usually incurs an additional fee.

### Money-Back Guarantee:

Prostate 911 comes with a **90-Day Money-Back Guarantee**. This policy allows customers to try the product for a full 90 days from the date of purchase. If they are not satisfied with the results for any reason, they can return the unused portion or

empty bottles for a full refund of the purchase price, minus shipping and handling fees. This guarantee is a standard practice in the supplement industry and aims to reduce buyer risk.

**Important Note on Guarantee:** While the guarantee itself is a positive aspect, it's essential to be aware of the recurring user complaints mentioned earlier regarding the actual refund process. Some users have reported difficulties contacting customer service, delays in processing refunds, or challenges in navigating the return policy. While many customers may successfully obtain refunds, potential buyers should be prepared for the possibility of needing persistence if issues arise. It is advisable to review the return policy details on the official website thoroughly before purchasing.

### **Bonus Materials:**

Occasionally, PhytAge Labs may include digital bonus materials, such as e-books on prostate health, diet, or overall wellness, with larger purchases. These are typically digital downloads provided after the purchase is complete.

## **What is Prostate 911?**

Prostate 911 is a dietary supplement specifically formulated by PhytAge Labs to support prostate health and alleviate common symptoms associated with an aging prostate. It is marketed primarily towards men experiencing issues such as frequent urination (especially at night), difficulty emptying the bladder, a weak urinary stream, and discomfort related to prostate enlargement (benign prostatic hyperplasia or BPH). The creators present Prostate 911 not just as a temporary fix but as a comprehensive approach to maintaining long-term prostate wellness.

The core narrative surrounding **Prostate 911 often highlights** the idea that prostate issues are not an inevitable part of aging that men simply have to accept. Instead, it suggests that a targeted blend of natural ingredients can help address the root causes of prostate discomfort and support the gland's healthy function. The product is positioned as a research-backed formula, though specific details on that research are typically kept proprietary or presented in a way that emphasizes the individual components rather than the finished product itself.

PhytAge Labs, the company behind **Prostate 911**, has a reputation for developing supplements aimed at various health concerns, often emphasizing natural ingredients and a scientific approach. Their marketing for **Prostate 911 centers on** empowering men to regain control over their bladder and enjoy a life free from the

constant interruption of prostate symptoms. The target audience is primarily men over 40 who are beginning to experience, or are already struggling with, the common signs of an aging prostate and are looking for a non-prescription, natural intervention. The supplement is delivered in capsule form, intended for daily oral consumption.

*Did you know? Reading customer reviews can provide valuable insights into a product's effectiveness.*

**Want to see if it works for you?**

 [\*\*Claim Your Prostate 911 Discount\*\*](#) 

## A Meticulous Examination of Prostate 911 Ingredients/Components

The efficacy of any supplement hinges on its ingredients. Prostate 911 features a blend of natural compounds, many of which have a long history of traditional use and some scientific backing for prostate health. Let's break down the key components commonly found in Prostate 911 and evaluate their potential roles based on independent research.

### 1. Saw Palmetto (*Serenoa repens*)

\* **Claimed Function in Prostate 911:** Widely considered the cornerstone of prostate health supplements, Saw Palmetto is believed to help reduce the symptoms of BPH by inhibiting the enzyme 5-alpha reductase, which converts testosterone into dihydrotestosterone (DHT). DHT is strongly implicated in prostate enlargement. By potentially blocking this conversion, Saw Palmetto aims to reduce prostate size and alleviate urinary symptoms like frequent urination, weak stream, and incomplete bladder emptying.

\* **Independent Evidence:** Numerous studies have investigated Saw Palmetto for BPH. While some early research showed promising results, more recent, rigorous studies have yielded mixed conclusions. Some meta-analyses suggest it may offer modest improvement in urinary symptoms and flow rates compared to placebo, particularly in milder cases of BPH. However, other large-scale trials have found it no more effective than placebo in reducing prostate size or symptoms. It is

generally well-tolerated with few side effects. The mechanism is plausible, but the clinical evidence for significant prostate shrinkage is not consistently strong across all studies.

## 2. **Pygeum Africanum (African Plum Tree Bark)**

\* **Claimed Function in Prostate 911:** Pygeum is included for its purported anti-inflammatory effects and its ability to reduce prostate swelling and improve urinary flow. It contains phytosterols that may inhibit prostate cell proliferation and possess anti-inflammatory properties that can soothe the prostate gland.

\* **Independent Evidence:** Pygeum has been used traditionally for prostate issues for centuries. Research, including some meta-analyses, suggests it can significantly improve urinary flow rates, reduce nocturia (nighttime urination), and decrease residual urine volume in men with BPH symptoms. Its anti-inflammatory action is also supported by some in vitro and animal studies. While not directly shrinking the prostate, it appears to improve symptomatic relief.

## 3. **Beta-Sitosterol**

\* **Claimed Function in Prostate 911:** This plant sterol is thought to reduce inflammation, improve urinary flow, and alleviate discomfort associated with an enlarged prostate. It may also help support healthy cholesterol levels, which indirectly contributes to overall cellular health.

\* **Independent Evidence:** Beta-sitosterol has significant clinical support for its role in improving BPH symptoms. Multiple studies and reviews have indicated that it can significantly improve urinary flow, reduce residual urine, and decrease the severity of symptoms like frequency and urgency. Its mechanism is believed to involve anti-inflammatory effects and potentially influencing prostate cell growth, although it doesn't appear to reduce prostate size itself. It's generally considered safe and effective for symptom relief.

## 4. **Graviola Leaf (Annona muricata)**

\* **Claimed Function in Prostate 911:** Often promoted for its antioxidant properties and potential anti-inflammatory benefits, Graviola is sometimes included in broader health supplements. In the context of prostate health, it might be suggested to offer cellular protection and support overall immune function, indirectly aiding prostate health.



\* **Independent Evidence:** While Graviola has been extensively researched for its potential anti-cancer properties in various lab and animal studies, and it does possess antioxidant capabilities, direct, strong human clinical evidence specifically linking Graviola leaf to significant improvements in BPH or prostate health is limited. Most research focuses on its cytotoxic effects against cancer cells rather than benign prostate enlargement. Its inclusion might be more for general wellness and antioxidant support rather than a direct, proven prostate-specific effect.

## 5. Green Tea Extract (*Camellia sinensis*)

\* **Claimed Function in Prostate 911:** Rich in powerful antioxidants, particularly catechins (like EGCG), Green Tea Extract is included for its potential to combat oxidative stress and inflammation within the prostate. It may also play a role in supporting cellular health and immune function.

\* **Independent Evidence:** Green tea catechins have demonstrated significant antioxidant and anti-inflammatory properties in numerous studies. Some research suggests that EGCG may inhibit the growth of prostate cells and induce apoptosis (programmed cell death) in unhealthy cells, potentially benefiting prostate health. Epidemiological studies have also linked higher green tea consumption to a lower risk of prostate issues. While not a direct treatment for BPH, its protective effects on prostate cells are well-documented in preclinical and some human observational studies.

## 6. Zinc

\* **Claimed Function in Prostate 911:** Zinc is an essential trace mineral that is highly concentrated in the prostate gland. It is considered crucial for proper prostate function, immune health, and hormonal balance. Deficiency in zinc has been linked to prostate enlargement.

\* **Independent Evidence:** Zinc plays a vital role in prostate health. It helps regulate testosterone metabolism and has anti-inflammatory and antioxidant properties. Studies have shown that men with BPH often have lower levels of zinc in their prostate tissue. Supplementation with zinc has been shown to improve BPH symptoms in some studies, particularly if a deficiency is present. It is widely recognized as a beneficial nutrient for prostate health.

## 7. Selenium

\* **Claimed Function in Prostate 911:** Selenium is another essential trace mineral with potent antioxidant properties. It is included to protect prostate cells from oxidative damage and support overall cellular health.

\* **Independent Evidence:** Selenium is a key component of antioxidant enzymes (like glutathione peroxidase) that protect cells from damage. Research suggests a potential link between selenium intake and prostate cancer risk, but its direct impact on BPH is less clear. However, its general antioxidant role is beneficial for overall cellular health, including prostate cells. It's often included in prostate formulas for its protective effects.

## 8. Red Raspberry

\* **Claimed Function in Prostate 911:** Red Raspberry is known for its high antioxidant content, including ellagic acid, which is believed to have anti-inflammatory and protective cellular properties.

\* **Independent Evidence:** Red raspberries are indeed rich in antioxidants and possess anti-inflammatory compounds. While they contribute to overall health and might offer general cellular protection, there is limited direct scientific evidence specifically linking red raspberry consumption or extract to direct improvements in BPH symptoms or prostate size. Its inclusion likely contributes to the overall antioxidant profile of the supplement.

## 9. Vitamin E (as d-alpha tocopheryl succinate)

\* **Claimed Function in Prostate 911:** A powerful fat-soluble antioxidant, Vitamin E is included to protect cells, including those in the prostate, from oxidative damage caused by free radicals.

\* **Independent Evidence:** Vitamin E is a well-known antioxidant important for cellular health. While some studies have explored its role in prostate cancer prevention (with mixed results), its general antioxidant properties are beneficial for maintaining healthy tissues and reducing inflammation. It contributes to the overall cellular protection strategy of the supplement.

## 10. Vitamin B6 (as Pyridoxine HCl)

\* **Claimed Function in Prostate 911:** Vitamin B6 plays a role in numerous metabolic processes and is sometimes included in prostate formulas for its potential to help regulate hormone levels and reduce inflammation.

\* **Independent Evidence:** Vitamin B6 is essential for over 100 enzyme reactions in the body, including those involved in hormone metabolism. While not directly a primary prostate-specific ingredient, its general role in supporting metabolic health and reducing inflammation indirectly contributes to overall wellness, which can benefit prostate health.

## 11. Copper

\* **Claimed Function in Prostate 911:** Often included alongside Zinc to ensure a balanced intake, as high doses of zinc can sometimes interfere with copper absorption. Copper is essential for various bodily functions, including immune health and antioxidant defense.

\* **Independent Evidence:** Copper is an essential trace mineral. While it's crucial for health, its direct role in prostate health is primarily as a counterbalance to zinc, preventing deficiency. Excess copper can be problematic, so the correct balance is important. Its inclusion here suggests a consideration for mineral balance.

## 12. Others (e.g., Cat's Claw, Broccoli Leaf Extract, Lycopene, Saw Palmetto, Pumpkin Seed, Stinging Nettle, etc. – actual list may vary slightly based on specific formulation)

\* Many prostate supplements will include a broader array of ingredients. For example, Lycopene (found in tomatoes) is a potent antioxidant often studied for prostate health, while Pumpkin Seed and Stinging Nettle Root are traditional remedies for BPH symptoms due to their phytosterols and anti-inflammatory properties. Cat's Claw is an herb with immune-modulating and anti-inflammatory properties. Each of these would be evaluated similarly: assessing their claimed function against available independent scientific evidence.

In summary, Prostate 911's ingredient list combines well-researched compounds like Saw Palmetto, Beta-Sitosterol, Pygeum, and Zinc, which have demonstrated some efficacy in managing BPH symptoms, with other ingredients that offer general antioxidant or anti-inflammatory support. The overall synergy of these ingredients is presented as a comprehensive approach to prostate health.

**Looking for more information?**





**Get Prostate 911 at a Special Price**

