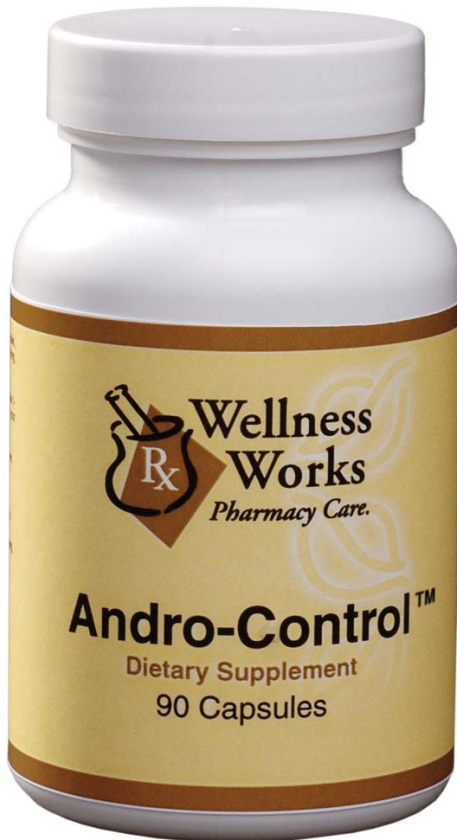


Andro-Control™ PCCA #10191

See "The Professional Guide to Phytotherapeutic Management of Endocrine Dysfunction" for detailed clinical protocols at www.wellnessworks.com.



Phytoantiandrogens are a class of phyto-compounds that decrease tissue sensitivity to androgens or decrease androgen activity, predominantly through the action of 5-alpha-reductase inhibition, which decreases conversion of testosterone to the more androgenic dihydrotestosterone.

Clinical Relevance: Androgen excess symptoms have been observed in menopause, polycystic ovary disease (PCO) and PCO-like syndrome, which has a milder clinical presentation than PCO. Even though PCO & PCO-like syndrome occur in young women, associated insulin resistance, lipid disorders and cancer risks also have been observed, revealing that these factors are not exclusively age related.

Saw Palmetto: Saw Palmetto (*Serenoa repens*) is widely used for the antiandrogenic properties attributed to it, which are most likely due to the presence of beta-sitosterol, palmitic-acid and stearic-acid, all of which have 5-alpha-reductase inhibiting activity. The anti-inflammatory properties that have recently been noted in *Serenoa repens* may be associated with its beneficial properties.

Fennel: Fennel (*Foeniculum vulgare*) seed is a source of the antiandrogens palmetic acid and beta-sitosterol, active components within many antiandrogenic herbs. The androgen antagonist properties of *Foeniculum vulgare* have been used for women in topical agents to control hirsutism. In animal studies, fennel extracts have demonstrated antitumor activity in testosterone sensitive tissue.

Nettles: Nettles (*Urtica dioica*) has the antiandrogen palmetic acid as an active component within the herb. Antihyperglycemic and hypoglycemic effects has also been noted in *Urtica dioica*. Anti-inflammatory, analgesic and antioxidant properties have also been attributed to *Urtica dioica*, which may contribute to its beneficial properties.

Holy Basil: Holy basil (*Ocimum sanctum*) leaf, with a long history of use in Ayurvedic medicine, contains antiandrogenic properties that may be attributed to the presence of the 5-alpha-reductase inhibiting constituents: beta-sitosterol, palmitic-acid and stearic-acid. In animal studies the anti-androgenic property of *Ocimum sanctum* was shown to diminish response in androgen sensitive tissues, an effect that was reversible two weeks after the extract was stopped. Antihyperglycemic and hypoglycemic effects has also been noted in holy basil. Animal studies have shown *Ocimum sanctum*

can cause lowering in serum total cholesterol, triglyceride, phospholipid and LDL-cholesterol levels and an increase in the HDL-cholesterol. Sedative properties have been identified in *Ocimum sanctum* as well as adaptogenic and antistressor properties in regard to adverse stimuli and toxic substances. *Ocimum sanctum* also has been found to inhibit acute as well as chronic inflammation in animal studies, which may contribute to its antistress, adaptogenic properties.

Fenugreek: Fenugreek (*Trigonella foenum-graecum*) seed has antiandrogenic properties due to the presence of beta-sitosterol, palmitic-acid and stearic-acid. Beneficial anti-hyperglycemic and hypoglycemic properties of *Trigonella foenum-graecum* have been shown to decrease elevated glucose in a double blind placebo controlled human study. It has been shown to reduce excessive glucose levels and increase the number of insulin receptors in humans, possible by stimulating glucose-dependent insulin secretion from pancreatic beta cells. Both human and animal studies have shown fenugreek has the ability to lower total cholesterol, LDL, VLDL cholesterol and triglycerides significantly. Anti-inflammatory properties have also been documented in *Trigonella foenum graecum*, contributing to its beneficial properties.

Pygeum: Pygeum (*Pygeum africanum*) bark has the antiandrogen beta-sitosterol. Anti-inflammatory properties have been noted in *Pygeum africanum*, contributing to the beneficial properties.

INGREDIENTS

3 Capsules Contain:

Herbal Proprietary Blend 2160 mg
Saw Palmetto (Berry, Standardized to 25% Fatty Acids), Fennel (*Foeniculum vulgare*, seed), *Urtica dioica* (Leaf, Standardized to 1% Plant Silica), *Ocimum sanctum* (Leaf), *Trigonella foenum-graecum* (Seed) and *Pygeum africanum* (Bark, Standardized to 12% Phytosterols)

This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial color, preservatives or flavoring.

Warning: Not to be used by pregnant or nursing women.

Other Ingredients: Gelatin (capsules), dicalcium phosphate and vegetable stearate.

Suggested Usage: 1-3 capsules daily with food.