



NATURE'S SUNSHINE

Men's Formula (With Lycopene)

Kosher

Halal

Non-GMO

GOOD FOR

Prostate

Male Reproductive System

Urinary System

SIZE 60 Capsules

ITEM # 3112

SERVING 2-3

SUPPLY 10-30 days

DIRECTIONS FOR USE Take 2 capsules daily with a meal. For intensive use: Take 3 capsules twice daily, with morning and evening meals.

— How the Key Ingredients Work

Men's Formula with Lycopene brings together seven time-tested botanicals and nutrients — each chosen for the specific ways they support men's bodies. Together they work to nourish the prostate, encourage healthy hormone balance, promote strong urinary flow, and help protect cells from everyday wear and tear.

Lycopene — The bright red pigment that gives tomatoes their color, lycopene is one of nature's most powerful free-radical fighters. Research shows it helps protect cells from oxidative damage and supports healthy blood pressure levels. It's a standout ingredient in any men's formula, prized for the broad antioxidant shield it provides throughout the body.

Zinc — Zinc is one of the most important minerals for men's health. It plays a direct role in supporting healthy testosterone levels, and studies show that getting enough zinc daily helps keep male hormones in a healthy range as men age. It also acts as a strong antioxidant ally, helping the body defend itself against everyday cellular stress.

Saw Palmetto — Harvested from a small palm native to the American Southeast, saw palmetto berry extract is one of the most well-researched botanicals for men. It helps support a healthy prostate, encourages comfortable urinary flow, and may help reduce the urge to wake up at night to use the bathroom. It also supports healthy hair by helping keep DHT — a hormone linked to hair thinning — in check.

Pygeum — Pygeum comes from the bark of an African plum tree and has been used in European herbal medicine for decades to support men's urinary health. A thorough review of 18 clinical trials found that men using pygeum were more than twice as likely to report improvements in urinary symptoms. It also complements saw palmetto's hair-supporting benefits by helping block DHT's effects on hair follicles.

Pumpkin Seed — Pumpkin seeds are a nutritional powerhouse — packed with healthy fats, protein, and key micronutrients. Clinical research shows pumpkin seed extract can help reduce urinary frequency and urgency, making it a natural partner to saw palmetto and pygeum for bladder comfort. Its rich antioxidant content, including carotenoids and vitamin E, adds another layer of everyday cellular protection.

Nettle Root — Stinging nettle root has a long history of use for men's urinary health, and modern clinical trials back it up. Multiple double-blind studies show nettle root extract helps ease common urinary complaints like weak flow, frequent urges, and nighttime trips to the bathroom. It also brings a generous supply of plant-based antioxidants, including quercetin and rutin, to help the body manage oxidative stress.

Gotu Kola — Gotu kola is a leafy herb prized for centuries in Ayurvedic and Asian herbal traditions. It supports the body's natural antioxidant defenses and has been studied for its calming effect on everyday stress and anxiety — a welcome benefit for men navigating busy lives. Its skin- and tissue-supporting properties round out its role in this well-balanced formula.

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