

# AGEprost™

## Prostate Health

AGEprost™ is an extract of *Ageratum conyzoides*. It is a hydro-alcoholic extract of aerial parts, and has traditionally been used in the Caribbean to maintain prostate and urinary health. It contains numerous chemical compounds such as: terpenoids, sterols, flavonoids, coumarins and lignans. It has been shown to maintain prostate health.

## Mechanism of Action

*Ageratum conyzoides* L is a 5- $\alpha$ -reductase inhibitor. It has shown to be able to relax muscles around the urethra and smooth muscles of the neck of the bladder helping relieve urinary retention and frequency. It can also block conversion of testosterone to DHT with subsequent reduction in prostate size improving urine flow.

## Product benefits

### AGEprost structure-function claims

The following structure-function claims for AGEprost are provided here for informational purposes only and should be reviewed by your legal counsel prior to use in marketing materials, including product labels. AGEprost provides support for those with normal symptoms of mild to moderate osteoarthritis in the following ways:

- Supports healthy prostate function\*
- Supports healthy bladder function\*
- Reduces urges to urinate\*
- Reduces daytime and nighttime urination frequency\*

## Science Inside

In-vitro and in-vivo studies have been conducted and show the effects of *Ageratum conyzoides* in supporting prostate health.

### Human clinical trial

**A 12 week, double-blind, randomized, placebo-controlled clinical trial was conducted on 109 men aged 41-76 years old, to assess the efficacy and safety of *Ageratum conyzoides* in supporting healthy prostate.**

The primary outcome measures were the International Prostate Symptom Score (IPSS), daily urinary frequency and safety evaluations. The secondary outcome measures were testosterone, dihydrotestosterone, oestradiol, sex hormone binding globulin (SHBG), Dehydroepiandrosterone sulfate (DHEA-S) and cortisol levels, and prostate specific antigen (PSA), lipids, blood glucose, the Aging Male's Symptom (AMS) Score and sexual function assessed by Derogatis Interview for Sexual Functioning-Self Report (DISF-SR).

### Results

- Significant reduction in total IPSS score ( $p < 0.01$ ) over time and between active treatment and placebo groups

- In the active treatment group, there was a steady reduction in the symptom severity for all questions in the IPSS at TW4 and TW8 and this effect was maintained at TW12

The active treatment group:

- Had significant reduction in day-time and night-time urinary frequency ( $p < 0.01$ )
- Decreased in both day-time and night-time frequency at TW4 and this continued at TW8 and TW12
- Had significant reduction in total urinary frequency from 9.2 to 6.9 times per day over the course of treatment

Overall, steroid hormones, SHBG, PSA levels, DHEA and Cortisol remained within the healthy reference range in both groups and remained stable over the 12 weeks. There were no changes in associated age-related symptoms and sexual function in either group. There were no notable effects on haematological and biochemical parameters, lipids, or blood glucose levels at the administered dose over 12 weeks. Treatment was well tolerated and there were no serious adverse effects observed during the study period.

**Citation:** Steels, et al. 2017. *Ageratum conyzoides* L. inhibits 5- $\alpha$ -reductase gene expression in human prostate cells and reduces symptoms of benign prostatic hypertrophy in otherwise healthy men in a double blind randomized placebo controlled clinical study. International Union of Biochemistry and Molecular Biology.

### Toxicity Study

A series of toxicological studies was conducted to aid in the safety assessment of an ethanolic extract of *Ageratum conyzoides* for use as an ingredient in food. A bacterial reverse mutation test, an in vitro mammalian chromosomal aberration test, an in vivo mammalian micronucleus test, and a 90-day repeated-dose oral toxicity study in rats were performed.

The studies found that no evidence of mutagenicity, clastogenicity or genotoxicity was revealed. *Ageratum conyzoides* did not cause mortality or toxic changes.

**Citation:** Palmer, et al. 2019. *A comprehensive toxicological safety assessment of an extract of *Ageratum conyzoides**. Regulatory Toxicology and Pharmacology.

## Why choose AGEprost™

- Scientifically shown to support prostate health\*
- Generally recognized as safe (GRAS)



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Version 1909.01