Prostate Support

A blend of herbs traditionally used to support a healthy prostate and an easy flow of urine.

This Herbal Combination



Saw Palmetto Berry — the lead herb, and one of the most trusted herbs for men's health, long valued for supporting the prostate and a healthy balance of male hormones.



Pygeum Bark — an African bark used for generations to support the prostate and ease the urinary trouble that comes with an enlarged gland.



Nettle Root — traditionally works hand in hand with Saw Palmetto to support a healthy prostate and an easier flow of urine.



Cleaver's Herb — a cleansing herb for the lymph and the urinary tract, traditionally used to help clear the congestion that collects in the gland.



Corn Silk — soothing to the whole urinary tract, easing irritation and supporting a good flow.



Juniper Berry — removes waste through the kidneys, and is traditionally used to strengthen and build the urinary passages and the bladder.



Uva Ursi Leaves — a classic herb for the urinary system, traditionally used to tone and cleanse the tract.



Thuja Leaf — long used for growths and congestion in the glands.



Oat Tops — a nourishing food for the nerves and a traditional support for male vitality.

How It Works

The prostate is a small gland with three lobes, and the tube that empties the bladder passes right over its middle lobe. In later life the prostate often becomes enlarged, and as it does, it begins to close off that tube. The first sign is usually a weaker stream.

Dr. Christopher taught that the enlargement comes from mucus and sediment collecting in the gland, often in a body whose own male hormones are no longer enough to keep it working well. The herbs in this formula are traditionally used to reduce swelling and inflammation in the prostate, promote the flow of urine, and feed the gland what it needs.

From Our Members

Over the years, many men with an enlarged prostate have found this formula very helpful. Some who were already scheduled for prostate surgery saw enough improvement that they were able to cancel the procedure.

Suggested Use

1 teaspoon each time. How often depends on how big the issue is:

Maintaining a healthy prostate: 1 teaspoon once a day.

Issues that are under control: 1 teaspoon two or three times a day.

Working through active issues on a good program: 1 teaspoon every three hours, five times a day.

It works best used consistently over 3 to 4 months, together with the foundational programs. As with any herbal tonic, use your own best judgment — this is an herb, not a drug.

Diet: Going completely meat-free while the prostate is recovering is very important. The worst offenders are sandwich meat slices and beef products. Once the body has recovered, you can decide what you can safely begin eating again. Keep the bowels moving well, too.

Also available as a dry herb kit, ready to tincture at home.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Keeping the Prostate Clear" at www.daradietz.me.