

# **SUMMARY OF NUTRITIONAL FINDINGS**

# SELENIUM

- Daily Selenium supplementation has been shown to reduce prostate cancer incidence. Average daily recommended intake 70 mcg to 200 mcg.
- Brit. JU – 1998 – Stanley Clark – men given 200 mcg. per day over 5 years – 2/3 reduction in prostate cancer.
- High incidence of cancer in areas of low soil Selenium levels.
- Study of Selenium for skin cancer – 70% reduction CAP.
- Also beneficial effect on BPH.
- Foods – grain, fish & meat.

# VITAMIN D

- Vitamin D inhibits the growth of prostate cancer cells in vitro.
- PSA rise slowed down in failed radical prostatectomy.
- Source-UV radiation and Fish, 15 mins. exposure to sunshine sufficient.

# VITAMIN E

- Vitamin E reduces mortality from prostate cancer as well as reduces office visits for symptoms of BPH.
- Study (ATBC) – Alpha-Tocopherol Beta Carotene cancer prevention Study – 2913 patients given 50mg a day of Vitamin E 5 to 8 years – 1/3 reduction of CAP.
- Reference JU of National Cancer Institute 1998
- 12% reduction in BPH symptoms, daily recommended dose 400-800 IU per day.
- Source – whole grains, leafy vegetables, nuts, sunflower seeds, corn oil.
- Caution pre-operative – may thin blood.

# CAROTENOIDS & LYCOPENES

- Fenretinide inhibits the growth of prostate cancer cells in vitro, as well as reducing prostate tumor incidence in animal models. Lycopenes inhibit the growth of prostate cancer cells in vitro.
- Some studies exist that associate Vitamin A with an increased risk of prostate cancer.
- Lycopene – Average daily dose 60 mg per day, (large can of tomato juice = 28 mg).
- Food source – tomatoes, watermelon, papaya, tomato paste has more available Lycopene than fresh tomatoes, small amount of oil increases absorption.
- 1/3 reduction of CAP with 10 cooked tomatoes per week.
- Study – Neil Fleshner, Toronto and Giovanucci, Harvard Medical School, have shown reduced incidence of prostate cancer with high blood serum level.

# CALCIUM

- Increased intake of dairy foods or calcium supplements is related to a higher risk of developing prostate cancer.
- Increased calcium intake causes reduction of Vitamin D level.
- Increased levels of Phosphorous causes decreased level of Vitamin D.

# SOY PRODUCTS & ISOFLAVONES

- Isoflavones inhibit the growth of prostate cancer cells in vitro, as well as reducing incidence of prostate cancer in animal models. They have weak estrogenic activity.
- Genistein most potent Isoflavone.
- Studies show – intake of Isoflavones in North American men – 1-3 mg per day.
- Japanese men – 12 mg per day.

# VEGETABLES

- Vegetables of the genus *Brassica* may have anticarcinogenic effects that have not yet been proven in prostate carcinoma.
- For example broccoli, sprouts and cauliflower contain Sulphoraphanes.
- American Cancer Society recommended daily intake 5 or more fruits and vegetables per day.
- Beneficial but lacking proof.



# ZINC

- Helps repair wounds and antioxidant against free radicals.
- Source – meat, poultry, eggs, liver, seafood.
- Proof of benefit for cancer lacking.
- Recommended daily dose 15 mg per day.

# FATTY ACIDS

- Increased total dietary fat, especially animal fat is associated with increased incidence and mortality of prostate cancer.
- Vegetable fat, fat from dairy products, and fat from fish seem to be unrelated to risk.
- Men eating 5 or more servings of red meat have a 79% higher risk of prostate cancer.

# OMEGA-3 FATTY ACIDS

- These nutrients play an important role in maintaining a healthy prostate and repairing diseased tissue.
- Source – Fatty fish like Salmon, Trout, Anchovies, Sardines, Bluefish and White Albacore Tuna.
- Also leafy green vegetables, tofu, walnuts, canola oil and flaxseed oil.
- Shown to inhibit growth of human prostate cancer cells in vitro.
- Recommended eating fish twice a week or supplement 200-400 IU per day.

# POLYPHENOLS

- Green tea and soy. Favourite in many Asian countries where prostate cancer rates are low.
- Other sources – Skin of purple or red grapes or berries, red wine or grape juice.
- Recommended soy supplement – 40 grams per day.

# SILEXIN

- **Supplement Facts**

- Amount Per : 2 Capsules
- Vitamin D3 (as Cholecalciferol) 400 IU
- Vitamin E (as d-Alpha-Tocopherol) 800 IU
- Zinc (as Zinc Gluconate\_) 75 mg
- Selenium 200 mcg
- Copper 15 mg
- Decaffeinated green tea leaf extract 150 mg
- Lycopene 40 mg
  
- Other ingredients : Certified Kosher gelatin, soybean oil, glycerin, vegetable shortening, white beeswax, soy lecithin and carob powder.