



PS II

Stock #1050-8 (100 capsules)

PS II is an herbal formula designed primarily to benefit the prostate gland and reduce inflammation, swelling and muscle spasms in the urinary tract. PS II contains herbs which stimulate urine flow, increase circulation, relieve pain, fight infection, improve digestion, and enhance elimination of irritants and toxins.

PS II is recommended for back pain, prostatitis, urinary dysfunction, and urinary tract infections. PS II also relieves the inflammation, pain, and swelling associated with arthritic and rheumatic conditions.

Black cohosh acts as an anti-inflammatory for arthritic and rheumatic conditions, especially arthritis associated with menopause. Black cohosh also acts as a mild analgesic (pain-reliever), due to the presence of salicylic acid. The mild hypotensive (reduce blood pressure), sedative and vasodilatory (dilate blood vessels) effects produced by black

cohosh have been found helpful for treating high blood pressure, tinnitus, and vertigo. Black cohosh contains a variety of "irritants" which are responsible for many of its different properties. The tannins and acids in black cohosh enable it to be used as a diuretic and expectorant, while also helping to promote perspiration to reduce fever and expel toxins. Preliminary experiments in vitro have shown black cohosh exhibits an antimicrobial action against certain bacteria and yeasts.

Capsicum has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum has been found to effectively stimulate production of digestive and mucosal fluids, soothe inflammation, enhance the removal of toxins from the body, and relieve gastrointestinal problems, including bleeding ulcers, colic, dyspepsia, flatulence, and even diarrhea. Capsicum's antiseptic properties have been proven active against various gastrointestinal pathogens (disease-causing agents). Capsicum has been found beneficial for numerous ailments, including arthritis, cardiovascular disease, vascular headaches, impotence (resulting from venous insufficiency), infections, kidney problems, menstrual complaints, respiratory conditions such as asthma and pleurisy, thyroid dysfunction, and gastric ulcers.

Dong quai promotes oxygen absorption by the liver and raises metabolism. Dong quai enhances the liver's ability to regulate glycogen production to normalize blood sugar levels, thus aiding in the treatment of diabetes. Dong quai has also been shown to relieve stagnation in the spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dong quai acts as a mild analgesic (pain-reliever), laxative, and sedative, and exhibits some antibacterial activity against vaginal infection. Dong quai has been used to relieve pain associated with angina, arthritis, gout, injury, and neuralgia. Recent studies have shown dong quai reduces angina, arrhythmia, and blood cholesterol, and may prove beneficial in the treatment of atherosclerosis and coronary heart disease.

Ginger contains a volatile oil and other compounds which act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract which reduces gas and pain in the bowel. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions. Studies have found ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. According to Chinese medicine, ginger focuses its warming properties downward, toward the lower extremities, including the colon, kidneys, legs, ovaries, prostate, and vagina.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal acts as a mild decongestant and laxative, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Golden seal is recommended for numerous gastrointestinal disorders, including colitis, enteritis, gastritis, hemorrhoids, intestinal infections, and peptic ulcers. Berberine, an isoquinoline alkaloid found in golden seal, has been studied at length in both clinical and experimental environments for its antibacterial and amebicidal properties. Furthermore, golden seal has been found to potentiate insulin and have a hypoglycemic effect which is beneficial for diabetics.

Gotu kola is often referred to as "brain food," because it enhances memory and energy, and stimulates the pituitary gland. Gotu kola has been proven an effective treatment for numerous mental disorders, as well as for reducing high

blood pressure and high serum cholesterol levels. Recent research confirms gotu kola acts as a blood purifier, diuretic, and antispasmodic, helping to relieve muscle cramps. Gotu kola has been found to stimulate the immune system, reduce fever and inflammation, and speed the healing of wounds. Numerous studies have shown gotu kola enhances circulation to the lower extremities. Among the more well-known uses for gotu kola are the treatment of brain fatigue, cardiovascular health, depression, high blood pressure, memory problems, menopause, mental disorders, nervous breakdown, rheumatism, rheumatoid arthritis, senility, stamina, and vitality. Some people report gotu kola even helps remove age spots.

Kelp has long been used in Oriental medicine to moisten and soften dry, hardened tissues in the body such as cysts or tumors. Kelp also enhances kidney function and corrects hormone imbalances, especially relating to the thyroid gland. Kelp is considered a natural diuretic and is commonly used for anemia, arthritis, debility, diabetes, enlarged glands, fatigue, high blood pressure, male sterility, prostate and ovarian problems, obesity, radiation/heavy metal poisoning, rheumatism, thrombosis, tumors and foreign growths, and ulcers. Kelp contains almost every mineral and trace mineral needed by the human body, particularly calcium, copper, magnesium, potassium, selenium, sodium, and zinc.

Licorice increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritic, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties.

Lobelia is considered an effective antispasmodic and was commonly used by American physicians at the turn of the century for spasms in the body and as a pain-reliever. Lobelia contains various compounds that exhibit anti-inflammatory, antispasmodic, mild analgesic (pain-relieving), and relaxant activity.

Pumpkin seeds are used because of the ability to destroy parasites, worms and other organisms. Pumpkin seeds also soothe irritated tissues and exhibit mild diuretic properties, making them useful for treating various urinary system disorders such as nephritis. Pumpkin seeds are high in zinc, which may explain their use in treating prostate enlargement, prostatitis and prostate cancer prevention.

Saw palmetto is classified as having immune stimulating and anti-edema effects. However, saw palmetto is most valued for its ability to reduce enlarged prostate—known as benign prostatic hypertrophy or BPH—and to alleviate the pain and inflammation associated with this condition. Saw palmetto also acts as an antiseptic and astringent, shrinking inflamed urinary system tissues and stimulating urine flow. Saw palmetto is considered by many to be the herb of choice for treating cystitis, impotence, prostatitis, reduced or absent sex drive, testicular atrophy, and urinary tract infections.