PRACTITIONER PAPER

For practitioner use only

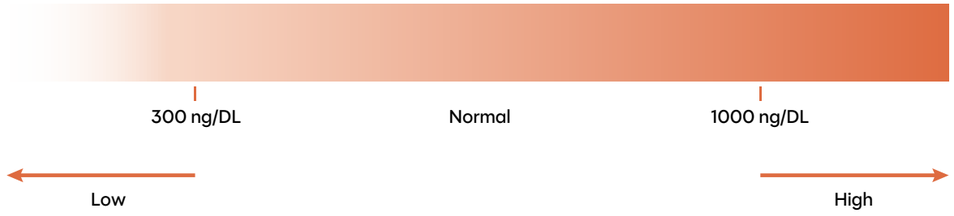
A holistic approach to men's health

Insights for optimal wellbeing

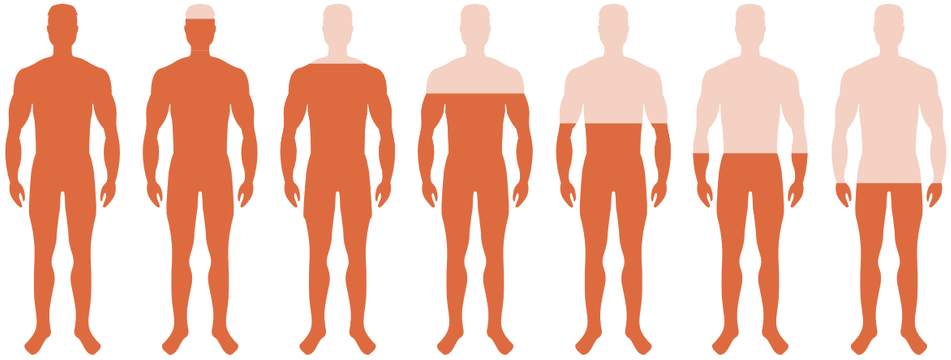
DRV+®

Testosterone levels

Normal testosterone levels in men typically range between 300 and 1,000 nanograms per decilitre (ng/dL). However, optimal levels can vary from person to person, and factors such as age, height, weight and overall health can influence what is considered normal for each person.



TESTOSTERONE LEVELS AS MEN AGE

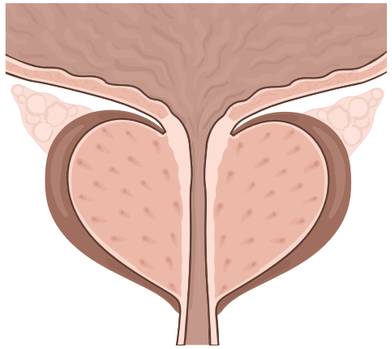


AGE	20	30	40	50	60	70	80
PERCENT	100%	95%	80%	70%	60%	50%	40%

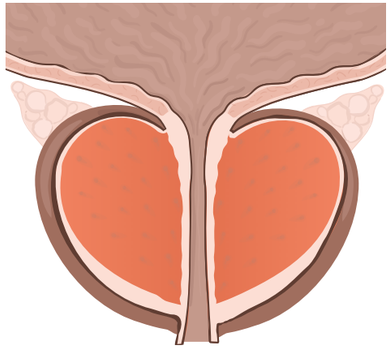
Testosterone level Testosterone deficiency

Prostate health

Aside from an enlarged prostate, which is a common condition associated with ageing, other prevalent issues include 'prostatitis' (inflammation of the prostate) and benign prostatic hyperplasia (BPH). Prostate cancer, however, is a more serious concern and is one of the most common cancers in men.

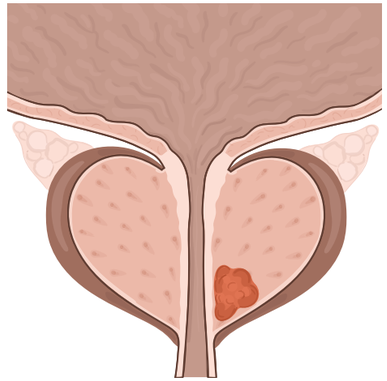


Normal prostate

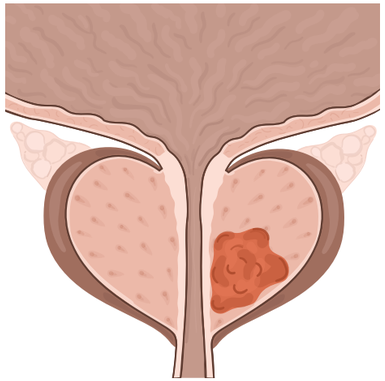


Enlarged prostate

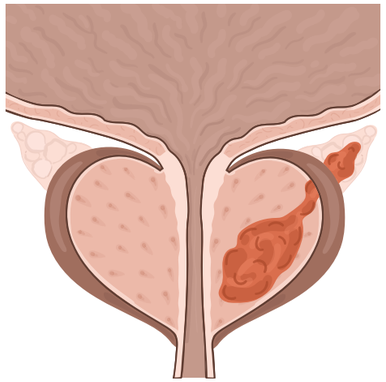
Stages of prostate cancer



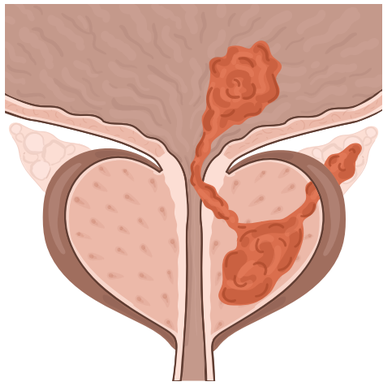
Stage 1



Stage 2

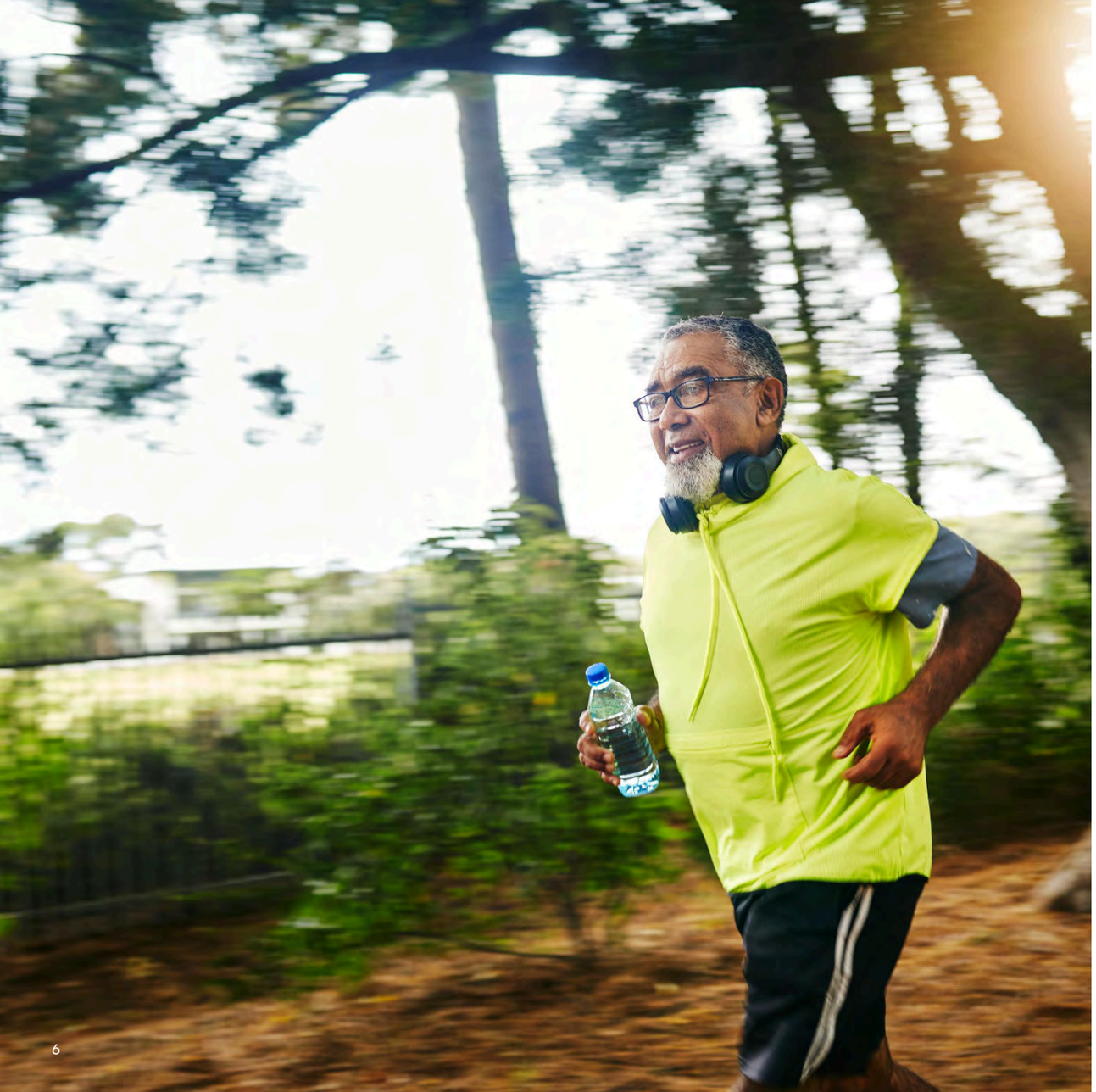


Stage 3



Stage 4

CATEGORY	ASPECTS	HELPFUL NUTRIENTS
Prostate Health	Benign prostatic hyperplasia (BPH)	Nettle, Pumpkin Seed, Beta-Sitosterol, Vitamin B6, Zinc, Selenium and Lycopene.
Sexual Health	Testosterone deficiency Erectile dysfunction (ED)	Ashwagandha, Zinc, Vitamin B6, Arginine, Maca, Panax Ginseng, Vitamin D and Beetroot.
Cardiovascular Health	Heart disease High blood pressure High cholesterol	Probiotics, Beta-Sitosterol, Folate, Vitamin B6, Vitamin B12, Arginine, Vitamin D, Vitamin E, Beetroot and Reishi.
Exercise	Performance	Arginine, B Vitamins, Maca, Panax Ginseng, Reishi, Beetroot, Inositol, and Maca.
Mental Health	Depression Stress management	Ashwagandha, Arginine, Probiotics, Maca, B Vitamins, Chromium, Panax Ginseng and Vitamin D.
Metabolic Health	Weight management Insulin sensitivity	Beta-sitosterol, B Vitamins, Iodine, Reishi, Ashwagandha and Chromium.
Gut Health	Microbiome health	Probiotics and Inulin.
Cognitive Function	Memory & focus	Arginine, Ashwagandha, Probiotics, Maca, B Vitamins, Chromium, Panax Ginseng and Vitamin D.
Hair and Skin Health	Hair loss Skin health	Vitamin C, Biotin, B Vitamins, Panax Ginseng, Lycopene, Probiotics, Inulin, Zinc, Iodine, Chromium, Vitamin D, Vitamin A and Vitamin E.
Immune System	Immune function Inflammation	Vitamins A, C, D, E, B Vitamins, Selenium, Iodine, Chromium, Probiotics, Inulin and Panax Ginseng.



Diet and lifestyle tips for men's health

PROSTATE HEALTH

Eat Lycopene-rich foods

Tomatoes, watermelon, and pink grapefruit contain lycopene, which may lower the risk of prostate enlargement.

Consume cruciferous vegetables

Broccoli, cauliflower and Brussels sprouts contain sulforaphane, which supports prostate health.

Increase Omega 3s

Flaxseeds, chia seeds and walnuts contain omega 3, which helps reduce inflammation in the prostate.

Drink green tea

Green tea is rich in antioxidants (catechins) that may help reduce prostate enlargement.

Limit red and processed meats

High consumption is linked to prostate cancer risks. Choose plant-based protein.

TESTOSTERONE BALANCE

Optimise zinc intake

Pumpkin seeds, nuts, seeds and lentils support testosterone production.

Healthy fats

Avocados, nuts and olive oil help maintain hormonal balance.

Get enough Vitamin D

Sunlight exposure or supplementation supports testosterone levels.

Reduce sugar and processed carbohydrates

Excess sugar can lead to insulin resistance, which lowers testosterone.

Strength train regularly

Heavy resistance training (squats, deadlifts and compound movements) naturally boosts testosterone.

STRESS MANAGEMENT

Practice mindfulness and meditation

Reducing cortisol (the stress hormone), can improve testosterone and increase muscle growth.

Sleep

7-9 hours of quality sleep helps regulate hormones and reduce stress.

Exercise outdoors

Nature exposure combined with physical activity improves mood and reduces stress.

Stay socially connected

Strong relationships help buffer stress and improve emotional resilience.

Limit stimulants (caffeine, alcohol)

Excessive caffeine raises cortisol, while alcohol negatively impacts testosterone.

MUSCLE MASS MAINTENANCE AND GROWTH

Consume enough protein

Aim for 1.2-2.2g of protein per kg of body weight from a mix of sources.

Engage in resistance training

Strength training 3-5 times per week is essential for muscle growth.

Prioritise recovery

Adequate rest and post-workout nutrition (protein and carbohydrates) support muscle repair.

Stay hydrated

Proper hydration enhances muscle function and reduces injury risk.

Use creatine and magnesium

L Creatine supports strength, while magnesium helps muscle relaxation and recovery.

Men's ProMulti

Men's ProMulti is the uniquely comprehensive, all-in-one formula containing probiotics, prebiotics, botanicals, amino acids, vitamins and minerals to support the changing health needs of men over the age of 45. It is specially formulated to support prostate health, testosterone health, daily vitality and wellbeing.

FREE FROM

Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

	PER 2 CAPSULES	EC %NRV*
Vitamin A	900µg	112
Vitamin B1 (Thiamin)	50mg	4545
Vitamin B2 (Riboflavin)	30mg	2142
Vitamin B5	50mg	833
Vitamin B6	6mg	429
Vitamin B12	500µg	20,000
Vitamin C	250mg	312
Vitamin D3 (Cholecalciferol)	25µg	500
Vitamin E	20mg	166
Vitamin K2	75µg	100
Biotin	60µg	120
Boron	1mg	**
Selenium	110µg	200
Chromium	100µg	250
Folate	100µg	50
Iodine	286µg	190
Zinc	10 mg	100
Lactobacillus Acidophilus	2.6 billion CFU	***
Bifidobacterium Bifidum	2.6 billion CFU	***
Ashwagandha Extract 10:1	10mg	**
Inulin	340mg	**
Beetroot Extract 10:1	100mg	**
Panax Ginseng Extract 20:1	50mg	**
L-Arginine	50mg	**
Lycopene	5mg	**
Beta-Sitosterol	17mg	**
Pumpkin Seed Extract 10:1	50mg	**
Reishi Mushroom Extract 15:1	33mg	**
Nettle Root Extract 10:1	30mg	**
Inositol	25mg	**
Maca Root Extract 50:1	20mg	**

* NRV= Nutrient Reference Value ** No NRV Established * At the time of manufacture

INGREDIENTS

Inulin, Vitamin C (Calcium L-ascorbate), Beetroot Extract, Vitamin B1 (Thiamin Hydrochloride), Vitamin B5 (Pantothenic Acid, Calcium salt), Panax Ginseng Extract, L-Arginine, Vitamin B12 (Methylcobalamin), Tomato Extract (source of Lycopene), Beta-Sitosterol (**contains Soya**), Pumpkin Seed Extract (*Cucurbita pepo L.*), Reishi Mushroom Extract, Zinc Citrate, Vitamin B2 (Riboflavin), Nettle Root Extract (*Urtica dioica*), Inositol, Vitamin B6 (Pyridoxal-5′-Phosphate), Vitamin E (D-Alpha Tocopherol Acid Succinate), Maca Extract (*Lepidium meyenii*), Lactobacillus acidophilus (LA85), Bifidobacterium bifidum (BBi32), Vitamin D3 (Cholecalciferol), Organic KSM-66® Ashwagandha Root Extract, Boron (Sodium Tetraborate), Vitamin A (Retinyl Palmitate), Vitamin K2 (Menaquinone-7), Chromium Picolinate, Potassium Iodide, Selenium (L-Selenomethionine), Folate (Calcium-L-Methylfolate), D-Biotin, Capsule Shell (Hydroxypropyl Methylcellulose).

DIRECTIONS

- Take two capsules daily, together or separately, at least 20 minutes before or after hot food or drink.
- Men's ProMulti contains healthy, active bacteria (probiotics) which are sensitive to heat, so it is important to take the capsules with cold drink or food.
- If taken with antibiotics, take at least 2 hours before or after the antibiotics.

What customers can look forward to

1-2 WEEKS

Support for energy levels, immune system and gut health.

2-3 WEEKS

Improvement in mental performance. Healthier macronutrient metabolism.

4 WEEKS

Testosterone levels help support a healthier libido, stronger physical performance and endurance.

2 MONTHS

Healthier heart and blood circulation. Stronger and healthier-looking hair. Improved skin and quality of sleep.

3 MONTHS

Balanced hormones, improved vitality and normal fertility parameters.

PAIRS WELL WITH

Vegan Omega 3

Key ingredients in Men's ProMulti

B Vitamins and Vitamin C

Thiamine

Thiamine is essential for carbohydrate metabolism, particularly within the pyruvate dehydrogenase complex (PDC). In its active form, thiamine pyrophosphate (TPP) acts as a cofactor for the enzyme pyruvate dehydrogenase (E1), facilitating the conversion of pyruvate to acetyl-CoA. This reaction is crucial for energy production as acetyl-CoA enters the citric acid cycle to generate ATP. Thiamine deficiency can impair this pathway, leading to metabolic disturbances.[1]

Riboflavin

Riboflavin is essential for ATP production, serving as a precursor to the coenzymes flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD), which are integral to mitochondrial redox reactions. These coenzymes participate in the electron transport chain, facilitating the generation of ATP.[2]

Vitamin B5

Vitamin B5 is a precursor to coenzyme A (CoA), a vital coenzyme in numerous biochemical reactions. CoA is essential for fatty acid synthesis, as well as degradation and the metabolism of carbohydrates and proteins. Vitamin B5 is involved in the synthesis of steroid hormones produced in the adrenal glands.[3]

Vitamin B6

Vitamin B6 is a cofactor in the synthesis of neurotransmitters such as serotonin and dopamine, which are essential for mood regulation. Deficiency in Vitamin B6 has been linked to symptoms of depression. Supplementation with Vitamin B6 may help alleviate these symptoms.[4]

Vitamin B12

Vitamin B12 is a water-soluble vitamin that plays an essential role in various physiological processes, including methylation reactions and DNA synthesis. As a coenzyme, Vitamin B12 is essential for the proper functioning of enzymes involved in the synthesis of methionine from homocysteine, a reaction that is vital for DNA methylation and the maintenance of genomic stability. Vitamin B12 is required for the synthesis of thymidine, a nucleotide necessary for DNA replication and repair. These functions are critical for the formation of red blood cells.[5,6]

Folate

Folate is essential for DNA synthesis, red blood cell formation, and the regulation of homocysteine levels, all of which are important for cardiovascular health. Folate, along with Vitamins B6 and B12, helps reduce homocysteine levels, which is a risk factor for heart disease. Adequate Folate intake is particularly crucial for men who are considering fatherhood, as it has been shown to improve sperm health and motility. Folate also supports cognitive function and may reduce the risk of neurological disorders associated with ageing.[7]

Maca

Maca Root is an adaptogenic herb that enhances energy, stamina and endurance. Maca has been shown to improve sexual function, including libido and erectile performance, by increasing testosterone levels and promoting hormonal balance.[42]

Biotin

Biotin is a coenzyme for carboxylase enzymes involved in critical metabolic pathways, including gluconeogenesis, fatty acid synthesis and amino acid catabolism. These enzymes are essential for the metabolism of fats, carbohydrates, and proteins.[8]

Vitamin C

Functions as a potent antioxidant and enzyme cofactor in collagen biosynthesis, immune defence, and neurotransmitter synthesis. Vitamin C enhances neutrophil function and reduces the severity of infections. Vitamin C also acts as an antioxidant, protecting against endothelial dysfunction.[9,10]

Minerals

Minerals are essential for the fundamentals of health and mineral status is inversely related to health.

Boron

Boron is a trace mineral used for the regulation of oestrogen and testosterone. Boron also supports bone health by modulating calcium and magnesium metabolism. Boron may also improve cognitive function and increase levels of free testosterone.[11,12]

Selenium

Selenium is a potent antioxidant that plays a role in protecting cells from oxidative damage. As a component of selenoproteins, including glutathione peroxidase, Selenium contributes to the maintenance of redox balance and supports immune system function.[13]

Chromium

Chromium plays a key role in glucose metabolism by enhancing the action of insulin, which is essential for maintaining normal blood sugar levels. It also supports lipid metabolism, with studies suggesting it may help in improving fat distribution and supporting healthy cholesterol levels. Chromium supplementation is particularly beneficial in individuals with insulin resistance or type 2 diabetes, conditions more common in men as they age.[14,15]

Iodine

Iodine is essential for the production of T3 and T4 regulates metabolism, energy levels, and thermogenesis. In men, thyroid dysfunction can contribute to weight gain, fatigue and cognitive impairment.[16]

Zinc

Zinc is an essential mineral that plays an essential role in immune function, protein synthesis, wound healing, and DNA synthesis. It is vital for male reproductive health, particularly in spermatogenesis and testosterone synthesis. Zinc has been shown to improve prostate health, with studies suggesting that optimal Zinc levels may reduce the risk of prostate problems.[17,18]

Nettle Root

Nettle Root is known for its ability to support prostate health in men with benign prostatic hyperplasia (BPH). Its active ingredients, lignans and sterols, work by reducing the production of dihydrotestosterone (DHT), a potent form of testosterone that contributes to prostate enlargement. Nettle Root also has anti-inflammatory effects, which help alleviate the symptoms of BPH, such as frequent urination and difficulty urinating.[40]

Probiotics

Probiotics are an essential part of a normal microbiome. Modern lifestyles typically do not support a healthy microbiome, with increasing sugar intake, stress and chloride in water. Additional daily probiotics provide a safety net for gut health and as a way to improve digestion and nutrient absorption.

Lactobacillus acidophilus

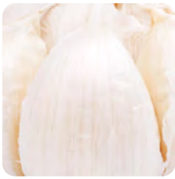
Lactobacillus acidophilus contributes to gut health by balancing the intestinal microbiota. It helps in the digestion of lactose and the production of short-chain fatty acids, which support a healthy digestive system and improve nutrient absorption.[19] As an integral part of the gut microbiome, L. acidophilus has been shown to enhance immune function, prevent gastrointestinal infections, and reduce the incidence of conditions such as irritable bowel syndrome (IBS) and diarrhoea.[20] In men, maintaining a healthy gut microbiome is associated with better metabolic health, weight management, and immune support.[21]

Bifidobacterium bifidum

Bifidobacterium bifidum is another beneficial probiotic bacteria critical in maintaining a healthy gut microbiome.[22] It helps in the fermentation of dietary fibres, which leads to the production of short-chain fatty acids that have anti-inflammatory and gut-protective effects. B. bifidum is essential for regulating intestinal health, preventing infections and modulating immune responses.[23] Probiotic supplementation with B. bifidum can also aid in reducing symptoms of constipation and enhancing digestion in men, promoting overall gut health, and improving nutrient absorption.[24]

Ashwagandha KSM-66®

Ashwagandha is a well-known adaptogen. KSM-66® is a patented form with the most bioavailable and concentrated extract. Ashwagandha reduces cortisol levels via the HPA axis.[25] KSM-66® also supports cognitive function, with clinical studies suggesting its potential to improve memory, attention, and executive function.[26] For men, Ashwagandha supplementation can enhance physical performance, increase testosterone levels, and improve muscle mass and strength.[27]



Inulin

Inulin is a prebiotic and soluble fibre that feeds explicitly bifido bacteria in the gut. The probiotics, in turn, produce short-chain fatty acids, which enhance nutrient absorption. Inulin also has beneficial effects on metabolic health, helping to improve blood sugar levels and reduce body fat, especially in individuals with insulin resistance or prediabetes. Inulin can also contribute to weight management and enhanced immune function.[28,29]

Beetroot

Beetroot is rich in nitrates, which the body converts into nitric oxide, a molecule that plays a critical role in vasodilation, improving blood flow and reducing blood pressure. This makes beetroot an excellent supplement for cardiovascular health, particularly for men who may be at an increased risk of hypertension and heart disease. Beetroot has also been shown to improve exercise performance, particularly endurance, by enhancing oxygen utilisation and reducing the oxygen cost of exercise.[30] Additionally, Beetroot contains betalains, powerful antioxidants that support liver detoxification and reduce inflammation, making it a beneficial addition to a men's multi-vitamin for overall health and performance.[31]

Panax Ginseng

Panax Ginseng is an adaptogenic herb that increases energy, improves mental clarity and supports immune function.[32,33]

It has been shown to improve physical performance, particularly in endurance exercises, by increasing the body's ability to handle stress and fatigue. Panax Ginseng has neuroprotective effects and can enhance cognitive function, memory and mood stability.[34]

L-Arginine

L-Arginine is an amino acid and a precursor to nitric oxide, a vasodilator that improves blood flow by relaxing the blood vessels. This is particularly important for cardiovascular health, as enhanced nitric oxide production can lead to lower blood pressure and better circulation. L-Arginine has been shown to support erectile function, especially in men with erectile dysfunction, by improving blood flow to the penis.[35] Additionally, L-Arginine contributes to muscle growth by increasing the delivery of nutrients and oxygen to muscle tissue during exercise, aiding in recovery and improving athletic performance. It also plays a role in protein synthesis, supporting overall muscle mass and repair.

Lycopene

Lycopene is a potent antioxidant found primarily in tomatoes and other red fruits. It has been widely studied for its potential role in prostate health, with numerous studies suggesting that Lycopene's antioxidant properties may help protect cells from oxidative damage. Lycopene also has cardiovascular benefits, as it can help reduce LDL cholesterol oxidation, a key factor in atherosclerosis.[36]

Beta-Sitosterol

Beta-sitosterol is a phytosterol that is structurally similar to cholesterol. Beta-sitosterol has been shown to alleviate symptoms of benign prostatic hyperplasia (BPH), such as frequent urination and nighttime urination, by inhibiting the conversion of testosterone to dihydrotestosterone (DHT), a hormone that promotes prostate enlargement.[37]

Pumpkin Seeds

Pumpkin Seeds are particularly beneficial for prostate health, as they contain beta-sitosterol and delta-7-sterols which help reduce symptoms of benign prostatic hyperplasia (BPH). Pumpkin Seeds have been shown to support urinary health by improving bladder function and reducing the frequency of nighttime urination.[38]

Reishi Mushrooms

Reishi Mushrooms have immune-boosting, anti-inflammatory and adaptogenic properties. The active compounds in Reishi, including triterpenoids and polysaccharides, have been shown to enhance immune function by increasing the activity of white blood cells and promoting the production of antibodies. Reishi also supports cardiovascular health by improving blood circulation and reducing blood pressure.[39]

Inositol

Inositol is a sugar alcohol that plays an essential role in cell membrane function and insulin signalling. It has benefits for men, especially in regulating blood sugar levels and improving insulin sensitivity. Inositol has been shown to help reduce anxiety and depression symptoms, contributing to improved mental health and emotional wellbeing.[41]

Drug interactions

INTERACTION SEVERITY		
MAJOR	Warfarin	Vitamin A and E may increase the risk of bleeding when taken with this drug. Vitamin C, Vitamin K and Panax Ginseng may decrease the effects of this drug. Selenium may interfere with the action of this drug. Nettle may decrease the effects of these drugs.
MODERATE	Hepatotoxic Drugs	Vitamin A may increase the risk of toxicity from these drugs.
	Retinoids	Vitamin A may increase the risk of toxicity from these drugs.
	Tetracycline Antibiotics	Taking Vitamin A with these drugs may increase the risk of pseudotumour cerebri. Riboflavin and Zinc may decrease the effects of these drugs.
	Amiodarone	Vitamin B6 may increase the phyto-sensitive side effects of this drug.
	Antihypertensive Drugs	Vitamin B6, Ashwagandha, Reishi and Arginine may increase the effects of these drugs.
	5-fluorouracil	Folate may increase the toxicity of this drug.
	Capecitabine	Folate may increase the toxicity of this drug.
	Methotrexate	Folate may reduce the effects of this drug.
	Phenobarbital	Folate may increase the risk of seizures when taken with this drug.
	Phenytoin	Folate may reduce the level of this drug.
	Primidone	Folate may increase the risk of seizures when taken with this drug.
	Pyrimethamine	Folate may reduce the effects of this drug.
	Alkylating Drugs	Vitamin C and E may reduce the effects of these drugs.

INTERACTION SEVERITY

MODERATE

Antitumour Antibiotics	Vitamin C and E may reduce the effects of these drugs.
Oestrogens	Vitamin C may increase the effects of these drugs. Panax Ginseng may interfere with the effects of these drugs.
Fluphenazine	Vitamin C may decrease the level of these drugs.
Indinavir	Vitamin C may decrease the levels of these drugs.
Levothyroxine	Vitamin C may increase the absorption of this drug. Chromium may decrease the absorption of this drug.
Immunosupressants	Selenium, Ashwagandha and Panax Ginseng may reduce the effects of these drugs.
Atorvastatin	Vitamin D may reduce the absorption of this drug.
Calcipotriene	Vitamin D when taken with this drug may increase the risk of hypercalcaemia.
Cyclosporine	Vitamin E may increase the absorption and levels of this drug.
Selumetinib	Vitamin E when taken with this drug may lead to excessive Vitamin E levels.
Antiplatelet / Anticoagulant Drugs	Selenium, Panax Ginseng, Lycopene and Arginine may increase the risk of bleeding when taken with these drugs. Nettle may decrease the effects of these drugs.
Barbiturates	Selenium may increase the sedative effect of these drugs.
Antidiabetes Drugs	Selenium, Ashwagandha, Panax Ginseng, Reishi, Nettle, Inositol and Arginine may increase the risk of hypercalcaemia when taken with these drugs.
Insulin	Chromium and Panax Ginseng may increase the risk of hypoglycaemia when taken with this drug.
Amiodarone	Iodine when taken with this drug, may cause excessively high levels of Iodine in the body.

INTERACTION SEVERITY

MODERATE

Antithyroid Drugs	Iodine may alter the effects of these drugs.
Lithium	Iodine when taken with this drug, may have hypothyroid effects. Pumpkin may reduce the effects of this drug. Nettle may increase the excretion of this drug.
Cephalexin	Zinc may decrease the levels of this drug.
Cisplatin	Zinc may interfere with the effects of this drug.
Integrase Inhibitors	Zinc may decrease the levels of this drug.
Penicillamine	Zinc may decrease the levels of this drug.
Quinolone Antibiotics	Zinc may decrease the levels of this drug.
Ritonavir	Zinc may decrease the levels of this drug.
Benzodiazepines	Zinc may increase the sedative effects of these drugs.
CNS Depressants	Ashwagandha may increase the sedative effects of these drugs.
Hepatatoxic Drugs	Ashwagandha, when taken with these drugs, may increase the risk of liver toxicity.
Thyroid Hormones	Ashwagandha, when taken with these drugs, may increase their effects.
Cytochrome CYP3A4 Substrates	Beetroot may increase the levels of drugs that are metabolised through this pathway.
Cytochrome CYP3A4 Substrates	Panax Ginseng may affect the clearance of drugs metabolised through this pathway.
Furosemide	Panax Ginseng may alter the effects of this drug.
Imatinib	Panax Ginseng may increase the risk of side effects from this drug.
Midazolam	Panax Ginseng may increase the clearance of this drug.

MODERATE

Monoamine Oxidase Inhibitors	Panax Ginseng may alter the effects of this drug.
Nifedipine	Panax Ginseng may increase the levels of this drug.
QT interval Prolonging Drugs	Panax Ginseng when taken with these drugs, may increase the risk of ventricular arrhythmias.
Raltegravir	Panax Ginseng when taken with this drug, may increase the risk of liver toxicity
Selegiline	Panax Ginseng may affect the way this drug is metabolised.
Stimulant Drugs	Panax Ginseng, when taken with these drugs, may increase their stimulant effects.
ACE Inhibitors	Arginine when taken with these drugs may increase the risk of hypotension and hyperkalaemia.
Angiotensin Receptor Blockers	Arginine when taken with these drugs may increase the risk of hypotension and hyperkalaemia.
Isoproterenol	Arginine may increase the risk of hypotension when taken with this drug.
Potassium-sparing Diuretics	Arginine may increase the risk of hyperkalaemia when taken with this drug.
Sildenafil	Arginine may increase the risk of hypotension when taken with this drug.
Diuretic Drugs	Nettle may increase the effects of these drugs.

Drug-nutrient interactions have been taken from the Natural Medicines Database, October 2024. Please do your own due diligence before recommending this product to individuals taking medicines.

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