



IMPax
HealthPrime, Inc.



IMPax Your World

ProstÉlan and Prostate Health

You can make a difference...

Special Edition

ProstÉlan



A synergistic formula promoting healthy prostate function, giving quicker and more comprehensive results. ProstÉlan is rich in important nutrients for men and women.

IMPax was created out of a growing dream for a principle-driven company based on vision, vitality and contribution to others. We emphasize balanced living. May each of us know abundance spiritually, physically and financially.

Greg and Brenda Im
Founders, IMPax HealthPrime

Benign Prostatic Hyperplasia (BPH)

Dallas Cloutre, PH.D

Ten million American men suffer from the uncomfortable and often painful symptoms of benign prostatic hyperplasia (BPH), commonly known as prostate enlargement.

Benign prostatic hyperplasia (formerly called hypertrophy) in some ways is the male equivalent of menopause. The primary effect of BPH is a progressive decrease in the ability to empty the bladder as the prostate enlarges and applies pressure to the urethra. Retained urine from this obstruction at first can interfere with sleep as the sufferer wakes up in the middle of the night. At other times, pressure may make it impossible to properly control urine flow (incontinence). Retained urine in the bladder can allow bacterial growth and infection.

Pollen extracts have been proven clinically through double-blind crossover studies to be useful in the prevention and treatment of prostate disorders, such as BPH and prostatitis.

Not just any pollen will do. The composition of pollen varies according to the plant species that produced it.

ProstÉlan by IMPax utilizes a specialized flower pollen extract from Rye, synergistically combined with powerful prostate support nutrients. This provides optimal nutritional support for healthy prostate function.

Individuals using **ProstÉlan** often experience benefits in half the time of the common nutritional supplements. Many see positive results within weeks.

Women benefit too. Many of the properties that make **ProstÉlan** effective in promoting prostate health apply to women's urinary tract health as well. Bladder and urinary tract infections are among the most common of all health complaints. The anti-inflammatory and smooth muscle-relaxing actions of flower pollen extracts are active in the bladder and the urethra.

Approximately one in five women will have some form of urinary tract problem at least once a year. Evidence is accumulating that flower pollen extracts may also strengthen the bladder. Weak bladder is often associated with incontinence.

Other health benefits. In addition to urinary and prostate health, flower pollen extract has been used in Europe as a sports

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Visit us on the web at www.impaxhealthprime.com

"Our IMPax business allowed us to move to the Oregon coast"

Five years ago my wife Barbara and I were living in Orangevale, CA. I had retired from over-the-road trucking to focus my effort on building our IMPax business, and Barb had a well-paid corporate office position near where we lived. But as well paid corporate office positions sometimes do, one day Barb's job suddenly ceased to exist. She was unemployed, and 50% of our household income was gone. But rather than go into panic and financial disaster, our IMPax royalty income allowed us to pack up our household and move to the central Oregon coast. It's a place we both love and are familiar with from having grown up in Oregon.

We aren't wealthy yet from our IMPax business, but it's that reliable monthly royalty check that provides the financial foundation for everything else we do and which will ultimately free us from doing anything we don't want to do.

One other thing about our IMPax royalty income—it is not just a materialistic thing. It is a good measure of the value we are adding to other people's lives.

Dan Drury, IMPax Executive Director



"I started taking ProstÉlan...and it worked almost immediately."

Several years ago I was diagnosed with BPH (Benign Prostatic Hyperplasia), which in plain English means I had an enlarged prostate. It caused me to wake up frequently during the night to relieve my bladder. What put my condition over the top was a fact unknown to me at the time: taking any ephedra-based product caused my prostate to swell up. It constrained my urine flow to the point where a routine visit to the bathroom could take 20 minutes. Up to that time I had occasionally used some popular brands (for sinus relief and colds) which contained ephedra or ephedra derivatives.

Eliminating ephedra was an improvement but I still was having a rough time. My urologist prescribed a blood pressure medication which is supposed to help shrink the prostate. Unfortunately, it also drained all my

energy. It left me so weak I couldn't even get out of bed. After taking it once or twice I refused to take it again.

In 1999 my wife attended the IMPax Convention where ProstÉlan was introduced. She bought some for me right away because I was waking up every hour during the night to go to the bathroom.

I started taking 4 capsules of ProstÉlan a day and it worked almost immediately. My urine flow started promptly and naturally, compared to endless waiting. I began sleeping through the night, a benefit I enjoy to this day. For anyone who has the same problem I did, I have a suggestion: get some ProstÉlan now and make sure you don't run out!

M. Halley—Rio Linda, CA

"My urgent midnight visits to the bathroom have been reduced to almost zero."

I was diagnosed several years ago with a significantly enlarged prostate. I often woke up two, sometimes three times a night to urinate. After learning about ProstÉlan at an IMPax Convention, I became convinced it was worth a try. I started taking two capsules per day, then increased it to three. Approximately one month later I began to see results. I now sleep soundly through the night with the exception of perhaps once or twice a month, i.e., my urgent midnight visits to the bathroom have been reduced to almost zero.

T. Labelle—Fair Oaks, CA

Congratulations DVD & Cash Bonus Winners!

Steve Tarnofsky, CA — Two DVD's plus \$225

Marty Taub, CA — Two DVD's plus \$200

Barbara Dolbec, CA — Two DVD's plus \$150

Carolyn Monck, TN — Two DVD's plus \$150

Roger Taylor, CA — Surround System, DVD plus \$50

Jesse Myles, AK — DVD plus \$50

Marian Esteb, HI — DVD plus \$50

Bill Bonnesar, CA — DVD plus \$50

Angie Miles, CA — \$50

Dr. Leonard Ranasinghe, CA — \$50

Dr. Sherry Greenberg, CA — \$25

Barbara Turner, TN — \$25

Gloria Beidler, CA — \$25

Benign Prostatic Hyperplasia (BPH)— *(continued from page 1)*

supplement and as a general tonic to increase immune capacity, to combat chronic infections, to speed recovery and the healing of wounds, and to reduce inflammation. Men under the age of 50 who do not have any apparent urinary tract issues may be saying to themselves, “But why should I use pollen extracts?” One response is “Would you like to avoid these problems?” Remember, virtually all men risk developing one or another prostate problem as they enter later life. These issues are much easier to prevent than to treat. And the other benefits of the pollen extracts, of course, are available at any age.

For more information order a copy of: **“ProstÉlan for Prostate Health”**—By Dallas Clouatre, PH.D.

“My children no longer have to worry about mommy's health...”

In 1997 my husband was killed in a car accident. I was 35 years old and had a 5-month old, as well as 8 and 10-year-old children. Until this time, I had never had health problems. But it’s known that experiencing such grief can often affect one’s entire immune system.

It wasn’t long before I was diagnosed with extremely high blood pressure. My doctor told me to reduce the stress or risk a stroke. My next illness was a kidney infection. The symptoms included high fever, chills, vomiting and a lower backache that was worse than any labor I’d ever experienced. In the emergency room they put me on IV’s to lower my white blood cell count. This was repeated virtually every month for over one year. They gave me antibiotics, but the infection kept coming back. I couldn’t sleep at night due to frequent urination; I was getting up at least twice per night to go the bathroom. My immune system went from bad to worse from lack of sleep. It was after this one-year period that I learned of EnerPrime for the immune system. I was not sold on it. However, when ProstÉlan was introduced I heard Dr. Clouatre, a health expert, speaking on how it would also help women

with urinary tract issues. I stopped him after the meeting and asked if ProstÉlan could help me. He said it most certainly could.



I started taking ProstÉlan at the onset of another kidney infection. Within 4 days I was able to sleep through the night without having to urinate. I then took 4 capsules per day of ProstÉlan for an entire month.

When the infection did not surface, I was elated. But the most important development came later. The kidney infection not only went away, but that was 4 years ago and I have not had an infection since!

My success using ProstÉlan sold me on trying EnerPrime. To make a long story short EnerPrime helped repair my immune system. My children no longer have to worry about mommy’s health. They now feel secure that I’ll be here to take care of them.

EnerPrime and ProstÉlan not only helped me live again, they helped give me back my desire to live.

K. Ray—Citrus Heights, CA

“I was pleasantly surprised at how quickly ProstÉlan worked...”

For several years I have suffered from the symptoms of benign prostate hyperplasia with frequent trips to the bathroom during the night. I tried saw palmetto and other prostate concoctions but they didn’t remedy the situation. Sometimes they helped somewhat, often they didn’t.

I was introduced to ProstÉlan about three years ago. I followed the company’s game plan and took the “loading dose” (6 capsules per day) for the recommended 3 month period. Then I maintained on just 2 capsules per day. I was pleasantly surprised at how quickly ProstÉlan worked from the very beginning to alleviate my symptoms. Just as important, the ProstÉlan works consistently. The most I get up now is once per night, and I can often sleep right through.

My father has also benefited from ProstÉlan. He was diagnosed with prostate cancer two years ago, and had a PSA reading of 13. I started him on ProstÉlan about one and a half years ago and his PSA count went down to 6 almost immediately. He used to get up 3- 4 times each night to run to the bathroom. Now he gets up only once per night.

My father and I are both quite impressed with ProstÉlan. It is a very reliable product. *P. Penney-Sacramento, CA*

Please Note: Individual experiences with IMPax products may vary. IMPax HealthPrime makes no therapeutic claims on any of its products. Information contained in this testimony should not be used as a substitute for personal medical attention, diagnosis or hands-on treatment. If you are concerned about your health or that of a loved one, please consult your family's health provider immediately.



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To enter our monthly drawing: Call 1-800-78-IMPax and give us the code word "Energy"

Men: What's your score?

The following symptom index developed by the American Urological Association is now a standard assessment for BPH severity.

Your score should not be considered a diagnosis. If you have questions about your score consult a medical professional.

Over the past month how often have you...	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Al- most al- ways
had the sensation of not emptying your bladder completely after you have finished urinating? (Incomplete emptying)	0	1	2	3	4	5
had to urinate again less than two hours after you finished urinating? (Frequency)	0	1	2	3	4	5
found you stopped and started again several times when you urinated? (Intermittency)	0	1	2	3	4	5
found it difficult to postpone urination? (Urgency)	0	1	2	3	4	5
had a weak urinary stream? (Weak stream)	0	1	2	3	4	5
had to push or strain to begin urination? (Straining)	0	1	2	3	4	5
How many times did you most typically get up to urinate from the time you went to bed at night until the time you get up in the morning (1,2,3,4 or 5)? (Nocturia)	0	1	2	3	4	5

Scores of 0-7 represent mild symptoms; 8-9 suggest moderate symptoms. A score of 20-35 indicates severe symptoms