

Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Prostaquel™ [§]
Red Clover Isoflavones	60–240 mg per day	150 mg
Pygeum	100 mg	100 mg
Saw Palmetto + Nettle	160 mg + 120 mg	160 mg + 120 mg

Prostaquel also includes at least 100% of the daily value for vitamin D3, vitamin E, and selenium. High blood levels of all three of these ingredients are associated with better prostate health.*

[§]Serving size: 2 vegicaps • Daily dose: 4 vegicaps

Supplement Facts

Serving Size: 2 vegicaps

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	200 IU	50%
Vitamin E (as mixed tocopherols) (Covitol F350M) (21 mg net mixed tocopherols)	25 IU	84%
Selenium (as L-selenomethionine)	100 mcg	133%
Red clover herb extract (<i>Trifolium pratense</i> L.) (aerial parts) [standardized to 40% isoflavones (30 mg)]	75 mg	†
Pygeum extract (<i>Pygeum africanum</i> Hook) (dried bark) [standardized for minimum 2.5% total sterols, calculated as beta-sitosterol (1.25 mg)]	50 mg	†
Saw palmetto extract (<i>Serenoa repens</i> Small) [standardized for minimum 45% total fatty acids (36 mg)]	80 mg	†
Nettle root dry extract (<i>Urtica dioica</i>) [containing minimum 5% total amino acids (3 mg), 0.8% beta-sitosterol (480 mcg) & 15 ppm scopoletin]	60 mg	†

† Daily value not established.
Other ingredients: rice flour, vegetable cellulose, maltodextrin, silica (mineral), vegetable magnesium stearate.

This product is gluten-free.



Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.
Every dosage consistent with clinical research.
No exceptions. No compromises.

QOL Labs®, LLC

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Prostaquel™

QOL LABS®

with Saw Palmetto, Nettle,
Pygeum, Red Clover,
Selenium, Vitamins D3 & E

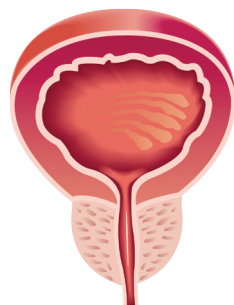
Protects prostate cells*

Supports a strong urinary flow*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Prostate 101

About the size of a walnut, your prostate gland is an essential part of your reproductive system. Its main job is to manufacture a white, milky substance called prostatic fluid, which is an important element of semen. Because it envelops both the neck of your bladder and your urethra, your prostate is intimately tied to your urinary health.



Formulated by M.D. Aaron Katz, Prostaquel™ features some of the world's most-researched natural ingredients for supporting prostate health. It has two main actions:

1. Prostaquel protects prostate cells*
2. Prostaquel supports a strong urinary flow*

“In my work at the Center for Holistic Urology, I have had the privilege to serve as principal investigator for numerous clinical trials researching the role natural therapies can play in urology. I am convinced that these therapies constitute some of the safest and effective tools we have available to us for supporting prostate health.”

Dr. Aaron Katz

Chairman of Urology
Winthrop University Hospital
Founder, Society of Integrative Urology
Author, [Dr. Katz's Guide to Prostate Health](#)

The Two Actions of Prostaquel

1. Protects prostate cells*

Red Clover Isoflavones

Why do Asian men have such healthy prostates? Researchers look to their diet, which contains high amounts of hormone-modulating phytonutrients called isoflavones. The average Japanese man consumes an estimated 200 mg of isoflavones per day, compared with the measly 5 mg consumed by the typical American man. A recent human clinical trial found that isoflavones protect the DNA of prostate cells from hormone-associated changes.*



Vitamins and Minerals

Epidemiological research has shown that certain vitamins and minerals may be protective of prostate health.* Prostaquel features these nutrients in forms that work best with the body's biochemistry:

- Vitamin D as D3, because this form is better absorbed than vitamin D2
- Vitamin E as mixed tocopherols, because supplementing with just d-alpha tocopherol (one isomer of vitamin E) alone depletes gamma tocopherol (another, more protective isomer of vitamin E)
- Selenium as L-selenomethionine, because this organic form of the mineral is easier to absorb than nonorganic forms, such as selenite

2. Supports a strong urinary flow*

Saw Palmetto + Nettle Extracts

Native to the United States, saw palmetto was both a food and medicine of Native Americans, who used the berries to support urinary function.* Later research identified the most therapeutic constituents as fatty acids.

Nettle is a plant found commonly across nearly all the continents. Its medicinal use goes back 2,000 years, when it was recommended by the ancient Greek physician Dioscorides for urinary health.* Modern research has isolated several active compounds, including scopoletin and beta-sitosterol.

Several human clinical studies have shown that the combination of 160 mg of saw palmetto extract plus 120 mg of nettle dry root extract daily supports urinary function, while promoting normal urinary flow.*

Pygeum Extract

Growing throughout Africa, pygeum has long been used in traditional African medicine to support bladder health.* Like nettle root, pygeum is a natural source of beta-sitosterol — one of the plant's most important constituents.

A comprehensive review study, which analyzed 18 randomized, placebo-controlled human clinical trials, concluded that pygeum “provided a moderately large improvement in the combined outcome of urologic symptoms and flow measures.”*