

# MEN'S HEALTH



General health encompasses several lifestyle factors, including regular physical activity, a healthy diet, adequate sleep, stress management, and social interaction. Men's nutritional needs change depending on their specific [age group](#), and therefore introducing certain supplements may help support men's health throughout each life stage. Dietary supplements can be used to address nutrient needs and prevent some of the common health issues men encounter, including cardiovascular disease, cancer, obesity, and benign prostatic hyperplasia (BPH). Here are some of the top-recommended supplements for men's health.

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The following are some of the **top ingredients recommended on Fullscript** for supporting men's health.

## **Saw palmetto (*Serenoa repens*)**

Saw palmetto, also known as the American dwarf palm tree, is a perennial plant from the botanical family Arecaceae. Saw palmetto extract, commonly found in supplement form, contains fatty acids that are extracted from the plant's berry. Research has shown that saw palmetto may be effective in improving lower urinary tract symptoms (LUTS) and sexual dysfunction associated with BPH.

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## **Lycopene**

Lycopene is a plant pigment found in foods such as tomato, guava, pink grapefruit, apricots, and watermelon. Dietary intake of lycopene in the US is primarily obtained from tomatoes or tomato sauces, soups, and other tomato products. Many of these sources are processed or commercially made foods such as ketchup and don't necessarily have high nutritional value overall. Research suggests that dietary intake of lycopene is associated with a lower risk of developing prostate cancer and an improvement of cardiovascular risk factors, such as low-density lipoprotein (LDL) and triglyceride levels. Lycopene supplements may be considered for the prevention of chronic health conditions, including heart disease and certain cancers.

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## Beta-sitosterol

Beta-sitosterol is a plant sterol or phytosterol found commonly in most plants. The FDA has stated that beta-sitosterol may reduce the risk of coronary heart disease (CHD) by lowering blood cholesterol levels. It has also been shown to improve symptoms of BPH by increasing maximum urinary flow and decreasing residual urine volume.

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## Korean ginseng (*Panax ginseng*)

Korean ginseng is an [adaptogenic](#) herb that grows in Korea and northeastern China. Korean ginseng may help improve erectile dysfunction in men. Some clinical evidence also suggests that it enhances cognitive function, such as working memory and attention processes, in healthy adults.

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## Zinc

Zinc is an essential mineral involved in numerous physiological processes, including immune health and hormone production. Zinc supplementation is used to treat infections, including the flu, common cold, urinary tract infections, and lower respiratory tract infections. Zinc supplementation has also been found to benefit male fertility by increasing sperm count and testosterone levels. In men, seminal fluid zinc levels are correlated with sperm count and regular sperm structure. Zinc supplementation may show promise for male infertility treatment.

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