

## TriVerex™

**Focus Diagnoses:**  
Male Sexual Health

### WHAT IS IN TRIVEREX AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

A series of natural ingredients make up Triverex: Korean Red Ginseng 10:1 extract (root), Epimedium standardized extract, Eurycoma longifolia 50:1 extract, and Velvet bean standardized extract. Few dietary supplements or ingredients compared to Triverex have as much clinical research (at least 7 positive human clinical trials) and support from some of the leading experts in urology. Triverex closely matches the active compounds in the scientifically complex plant sources and the type used in the successful clinical trials. Therefore, it is difficult to find any food source. The problem that researchers and clinicians experienced initially was that it takes a large amount of laboratory and clinical studies to identify the active ingredients in any plant based product, which means that even if a food source can be found it is not a ready-to-eat plant. Taking Triverex, some individuals notice results after the first few doses, and others find that it takes 2 to 3 months to obtain maximum sexual support. The average maintenance dose is 2-3 tablets a day preferably with meals.

### ARE THESE PRODUCTS MANUFACTURED WITH QUALITY CONTROL STANDARDS?

BP-Q Max, Q-Urol, Citurol Plus, Omega-Core, Cysta-Q, Prourol, and TriVerex are only manufactured with adherence to stringent Current Good Manufacturing Practice (cGMP) regulations enforced by the U.S. Food and Drug Administration, which assure that quality is built into the design and manufacturing process at every step. These regulations assure the identity, potency, quality, and purity of these products.

### HOW SAFE ARE THESE PRODUCTS?

(BP-Q Max, Q-Urol, Citurol Plus, Omega-Core, Cysta-Q, Prourol, and TriVerex)

These products have been about as safe as a sugar pill in clinical studies and have also been shown to be heart healthy. We do not believe in recommending any product unless it is heart healthy. What has been shown to be heart healthy has also been shown to support urologic health so this results in a 2 for 1 benefit. Your physician will decide what medicines can be taken with each of these products, but currently they appear to be safe when used with or without most medications.

### WHO BENEFITS FROM THE SALE OF THESE PRODUCTS ?

(BP-Q Max, Q-Urol, Citurol Plus, Omega-Core, Cysta-Q, Prourol, and TriVerex)

Everyone benefits. Each of these products (BP-Q Max, Q-Urol, Citurol Plus, Omega-Core, Cysta-Q, Prourol, and TriVerex) is also available directly through the product manufacturer, however you receive the lowest price available

anywhere because of your physician's participation in this program. By calling the toll-free number and utilizing the provider discount code listed below, you are purchasing these unique products for less due to an exclusive discount. Your physician has made that possible by providing them directly to you at this time. As your physician believes strongly in the quality, efficacy and safety of these products and has thus chosen to make them available to you, she or he benefits financially from the sale of this item, but so does charity. A portion of the proceeds from each sale of each of these products will go to local charities determined by your physician's practice, and this same amount will be matched by the products' manufacturer to support free or low-income medical clinics in the U.S. We are proud of this truly unique program, and feel it is part of what makes these products offered by your physician, special among all dietary supplements. It is a win-win-win-win-win situation. You benefit by getting one of the best evidence-based products at the lowest price. Your physician, the product manufacturer, local charities, and also a national charity all benefit as well.

### WILL I HAVE ACCESS TO PATIENT EDUCATION?

When you purchase these products you also help support our comprehensive (**Patients First**) educational program, which means you will have access to regular healthy newsletter updates and information. We want you to benefit on a regular basis with the latest and greatest information on diet, supplements and medication breakthroughs because you have also supported this program.

## Ordering Information:

Physician Name: The Conrad-Pearson Clinic

Provider Discount Code: **TN876510** \_\_\_\_\_

### TO ORDER:

- 1) Call toll-free at 1-877-552-7886 between 8 AM – 5 PM PST or visit the internet at [www.farrlabs.com](http://www.farrlabs.com)
- 2) To receive an exclusive discount only available through this program, give or enter the Provider Discount Code listed here.

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Germantown, TN 38138

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125 Guthrie Drive  
Southaven, MS 38671

**Methodist North Office**  
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## Holistic Urology and Herbal Medicine *By Robert S. Hollabaugh, Jr. MD*

For many centuries, herbal remedies have been used in treating common medical conditions. In many instances, today's FDA approved medications stemmed directly from herbal concoctions of centuries past. Even in today's modern healthcare system, there are lots of medical diagnoses that are being managed with herbal products, either under the direct care of a physician or by consumers using common-sense home remedies. Arthritis is perhaps the most common, with millions of people taking various plant extracts and glucosamine. Cholesterol problems are commonly managed with niacin and herbs, which have been available thru health food stores for decades. Almost every corner market carries "energy boosters" laden with ginseng, vitamins, and plant sterols. In urology, saw palmetto berries have been used as an age-old supplement for prostate health. To many, these products are just extensions of eating correctly and taking care of your body. Users swear by the results they see using these products; many others are skeptical of the efficacy that is anecdotally reported.

Skepticism surrounding the herbal market arises from the fact that there is very little documented science to prove either what the chemical is or how the chemical works. In addition, very little safety testing is required for these age-old, universally available compounds. In many cases the products work, but concern stems from the fact that we do not know anything about purity, toxicity, drug interactions, or side effects of the products. Pharmaceutical companies are highly unlikely to spend the money to investigate these issues because there is no way to patent them (they are already generic). Without a patent there is no guarantee of a return on such an investment;

it is just too expensive. Thus, most of these products will continue to be available without intensive investigation. Many learned scientists argue, however, that safety and effectiveness can be inferred because these products have "stood the test of time." Experts offer that millions of people have been using these products and no major problems have arisen. If people were dying mysteriously, public health agencies and outside investigations would almost certainly have identified the source. Despite the lack of data, the fact remains the same: plenty of people want to take herbal supplements.

In addition to their categorization as "natural" medicines, herbal products offer consumer appeal based on the fact that (1) they are inexpensive (as compared to the high costs of prescription medications) and (2) they are available over-the-counter (no doctor visit or prescription is required). With marketing, the herbal medicine industry has grown into a huge, billion dollar industry. As general additives, herbal medicines and alternative therapies work to increase wellness, prevent illness and address existing symptoms and conditions. Increasingly, many medical professionals regard alternative medicine as "complementary" to conventional medicine, using them as cost-effective general health supplements.

Over the centuries, the practice of medicine has developed into a highly regulated, scientifically driven profession. Numerous agencies and institutions monitor and police the practice of medicine and pharmacy to maintain the highest levels of safety and quality for the general public. In general, the established mainstream medical community likes to see formal data on research, development and quality control in

any aspect of medicine involving patient care. As opposed to the body of conventional medical knowledge, "alternative medicine" often has not been scientifically tested and in many cases is based on casual observance rather than intense, professional scrutiny. Holistic Medicine, Homeopathic Medicine, and Herbal Medicine are categories that commonly fall into this "Alternative medicine" category.

Holistic Medicine is an approach to medicine in which the patient's entire lifestyle, environment, and personality are considered in the treatment of disease. Holistic practitioners state that "holistic medicine treats the mind as well as the body," recognizing that the mind, spirit, lifestyle, environment, and other aspects of a person's existence significantly affect the functioning of the physical body. Holistic Medicine involves medical approaches that seek to treat the whole body to facilitate wellness, as opposed to targeting single organ systems and specific diseases. Holistic therapies commonly involve biofeedback, meditation, massage, herbal supplements, and acupuncture as components of "natural healing." There is no doubt that these types of therapy can help alleviate symptoms in a variety of medical situations, but conventional physicians have been reluctant to acknowledge and utilize these therapies as "mainstream" in the absence of scientific review.

Homeopathic medicine is also often grouped into this category of "alternative medicine." Homeopathy is a system of medicine that uses highly diluted doses from the plant, mineral and animal kingdoms to stimulate natural defenses in the body. Plant extracts, vitamins and herbal supplements are commonly utilized. Again, many aspects of homeopathy are rooted in other

sound medical therapies, but the homeopathic concept as a whole is generally rejected by conventional physicians when it comes to treating specific illnesses in today's highly scientific and litigious world.

In recent years, direct-to-consumer marketing has exploded in the urology marketplace. Nearly everyone has seen a television advertisement discussing treatment for sexual dysfunction, enlarged prostate, or overactive bladder. It is clear that advertising can sell product in any arena that involves "quality of life," and most of these urologic concerns center on quality of life. It is not surprising to see a similar explosion in marketing of herbal products for these same

conditions. The check-out aisle of nearly every convenient store has an array of products for "energy boost" or "sexual vigor." Up to now, there have been very few reliable resources to gain information about efficacy, dosing, and safety of these herbal products. While skeptical to a degree, many conventional doctors will concede that various aspects of Holistic and Alternative Medicine are sound medical principles fostering overall health and wellness. Because a growing percentage of the population is considering herbal therapies for their urologic needs, we feel compelled to learn about various herbal remedies so that we can answer patient questions from an informed viewpoint.

Dr. Mark Moyad is considered by many to be the leading authority in the field of Herbal Supplements in urology and has authored many books related to prostate health, prostate cancer, and herbal supplements. In addition to many advisory positions, he serves as the Director of Preventive and Alternative Medicine at the University of Michigan. He has spent his entire career researching various herbal remedies that have been used both formally and informally in the practice of urology.

Dr. Moyad's greatest criticism of the herbal industry is that it lacks peer review and quality control. Because he has taken time to review and critically analyze the loose body of research

## BP-Q Max®

**Focus Diagnoses:**  
BPH patients, Post Surgical Urinary Control

### WHAT IS IN BP-Q MAX AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

A series of natural ingredients are a part of BP-Q Max: Saw palmetto extract, beta-sitosterol, Pygeum extract, Quercetin, Bromelain, and Papain. Beta-sitosterol, for example, is just one compound that has so many clinical studies in the area of prostate and heart health that it has become difficult not to hear about its benefits from healthy foods and supplementation. Quercetin, another ingredient in BP-Q Max, is a natural anti-inflammatory substance found in apples, grapes, green tea, and onions. The problem that researchers and clinicians experienced initially was that it takes unusually large and unrealistic amounts of these healthy foods on a regular basis to increase your body's levels of these compounds to the amount that has demonstrated benefit from clinical studies. It is for this reason that maximum benefits are seen at the recommended doses of BP-Q Max. However, we believe in a healthy diet and regular exercise to support prostate and urinary health and your physician has a handout of some suggestions to help enhance the impact of BP-Q Max or any prostate and urinary health program your physician recommends.

## CYSTA-Q®

**Focus Diagnoses:**  
Interstitial Cystitis, Pelvic Pain

### WHAT IS IN CYSTA-Q AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

A series of natural ingredients are a part of Cysta-Q: Quercetin, Bromelain, Papain, Cranberry fruit, Passion Flower herb, Valerian Root, and Wood Betony Leaf. Quercetin, for example, is a natural anti-inflammatory substance found in apples, grapes, green tea, and onions. The problem that researchers and clinicians experienced initially was that it takes unusually large and unrealistic amounts of these healthy foods on a regular basis to increase your body's levels of these compounds to the amount that has demonstrated benefit from clinical studies. It is for this reason that maximum benefits are seen at the recommended doses of Cysta-Q.

## PROUROL®

**Focus Diagnoses:**  
Bladder Cancer, Immune Health

### WHAT IS IN PROUROL AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

A natural ingredient or "friendly bacteria" known as a "probiotic" in large concentrations is a part of Prourol. It is one of the only concentrated probiotic products at the appropriate potency level, which allows for the maximum potential benefit. Dietary sources from dairy products, primarily yogurt, also have some evidence. The problem that researchers and clinicians have experienced is that it takes unusually large and unrealistic amounts of these healthy foods on a regular basis to increase your body's levels of these compounds to the amount that has demonstrated benefit from clinical studies. This primary ingredient, Lactobacillus Casei, is one of the most clinically researched nutritional compounds in the world when it comes to bladder and immune support. In Prourol, it has been concentrated to provide one of the most potent products on the market so you are not required to take as many pills daily. In fact, all of the clinical trials published over the past 15 years have found a benefit in those that take the dietary supplement. This does not mean that you should not be consuming healthy-low calorie and low-saturated fat (heart healthy) sources of yogurt for example, because you should in addition to taking the recommended daily amount of Prourol. However, we believe there are so many additional benefits to taking this supplement that we want to emphasize both.

that has been performed over recent decades, he is better qualified than anyone to comment on the safety and efficacy of various products available in the herbal market. He champions several herbal supplements as being set apart from the rest because they have actual scientific data related to their chemical composition and activity. Everyone acknowledges that there is a lot of meaningless research in areas where there is no strict peer review, and the herbal arena is no exception. Dr. Moyad brings strict peer review to help categorize herbal therapies and authenticate potential benefits in urology. We believe this represents as close to a scientific review as the urologic community has had with regard to herbal medicines.

Dr. Moyad has partnered with pharmaceutical companies to create products that reproduce the precise doses of particular herbal compounds that have been shown by research to act on urologic diseases. Other commercially available products have varying doses of active ingredients, but are complexed with unrelated, unproven chemicals. Manufacturers have to do this to obtain a "proprietary blend" that can be patented. As you are well aware, there are hundreds of these "proprietary blends" each with slightly different doses and compounds. Lost in all of the proprietary blending process is the science of what actually works and the correct, scientifically proven dosing. Dr. Moyad recommends products that reflect the

actual doses of herbal compounds effective in urologic disease based on actual research. To be clear, there are mainstream therapies available for all of the urologic diseases targeted by various herbal therapies, and those mainstream therapies are the generally recommended course of action. However, many patients who want to take a more natural or holistic approach to their medical care. For those, we want to be able to offer some scientific recommendations regarding herbal treatment options. The following is a list and description of various herbal products. Make sure to ask for a complete brochure outlining all aspects of each product that interest you.

## CITUROL PLUS®

**Focus Diagnoses:**  
Bone Protection, Kidney Stone Risk, Hormone Deprivation Therapy for Prostate Cancer

### WHAT IS IN CITUROL PLUS AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

The ingredients in Citurol Plus include high potency calcium citrate, cholecalciferol or vitamin D3, and specialized natural enzymes to improve digestive health. It is one of the only concentrated calcium citrate and vitamin D3 products at the right potency level, which allows for the maximum potential benefit. Dietary sources and dietary supplement sources of calcium and vitamin D from foods and beverages both have clinical evidence. The problem that researchers and clinicians have experienced is that it takes unusually large and unrealistic amounts of these healthy foods on a regular basis to increase your body's levels of these compounds to the amount that has demonstrated benefit from clinical studies. The ingredients in Citurol Plus are some of the most researched compounds in the world, and they have been concentrated and combined to provide one of the most potent products on the market so you are not required to take as many pills daily. This does not mean that you should not be consuming healthy sources of calcium and vitamin D3 because you should in addition to taking the recommended daily amounts of Citurol Plus. Most major medical organizations working in the area of bone and kidney health recommend 1000-1500 mg of calcium per day along with vitamin D blood testing and vitamin D supplemental intake. We agree with this completely except we feel that there are so many additional benefits to taking this supplement that we want to emphasize both.

## Q-UROL®

**Focus Diagnoses:**  
Prostatitis, Male chronic pelvic pain

### WHAT IS IN Q-UROL AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

A series of natural ingredients are a part of Q-Urol: Quercetin, Pollen Extract, Papain, and Bromelain. Quercetin, for example, is a natural anti-inflammatory substance found in apples, grapes, green tea, and onions. The problem that researchers and clinicians experienced initially was that it takes unusually large and unrealistic amounts of these healthy foods on a regular basis to increase your body's levels of these compounds to the amount that has demonstrated benefit from clinical studies. It is for this reason that maximum benefits are seen at the recommended doses in a time-release form. Q-Urol is one of the most popular products in the world utilized with or without prescription medications for pelvic and prostate health support.

## OMEGA-CORE®

**Focus Diagnoses:**  
Hormone Deprivation Therapy for Prostate Cancer, Diabetics, Heart Disease, Hypertension, Obesity

### WHAT IS IN OMEGA-CORE AND WHY NOT JUST GET IT FROM HEALTHY FOODS AND BEVERAGES?

Omega-Core is a series of natural ingredients including high potency omega-3 fatty acids. It is one of the only concentrated omega products utilizing these essential ingredients at this potency level, which allows for the maximum potential benefit. Dietary sources and dietary supplement sources of omega-3 compounds from plants and fish both have clinical evidence. The problem that researchers and clinicians have experienced is that it takes unusually large and unrealistic amounts of these healthy foods on a regular basis to increase your body's levels of these compounds to the amount that has demonstrated benefit from clinical studies. This does not mean that you should not be consuming healthy plant and fish sources of omega-3 because you should in addition to taking the recommended daily amounts of Omega-Core. The American Heart Association (AHA) encourages, at the very least, that most individuals should eat oily and healthy fatty fish and/or plant sources of these compounds approximately 2 times per week for a benefit. We agree with this completely except we feel that there are so many additional benefits to taking this supplement that we want to emphasize both. Few dietary supplements or ingredients have the clinical research that Omega-Core has for individuals with cardiovascular, weight, metabolic, and mental health support, which all or individually have been a concern of physicians for their patients on Hormone Deprivation Therapy.