

## Findings on Prostatitis through the "Pollen Extract G63" of Graminex Company

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Pollen, containing a rich source of nutrition (amino acids, minerals, and vitamins), represents the emergence of the next generation of plant substances with not yet fully understood hidden action that should not be overlooked. Pollen formulations have been used for the last 35 years in urology (enlargement of the prostate, prostatitis) treatment. This has been administered for a long time with peace of mind and without harmful effects as an alternative to pharmaceuticals for the improvement of both prostatitis and the associated indeterminate complaints. Moreover, this has seen as the welcome birth of supplements in improving associated symptoms. This time, we are reporting on study findings and the improvement effect obtained in the treatment of prostatitis with the supplement pollen extract.

### [Objective and Method]

At this Clinic, 13 patients visiting the clinic for prostatitis treatment agreed to receive administration. The degree of improvement was determined based upon the IPSS score (International Prostate Symptom Score). The period of administration was from 1 month to three months. The pollen extract used in the trial was produced by Graminex Company in Ohio, USA from the pollen of raw materials such as rye, corn, and timothy hay (referred to as Phlegm pratense in Japan) which were cultivated without using agrochemicals or genetically modified varieties. However, a slight amount of pollen from timothy weeds (referred to as Phleum pratense in Japan) was also included. The pollen which has a double hull is not digested or absorbed even when ingested since it has strong resistance to acid and heat (cannot be destroyed even at 300°C). Graminex Company using a special technology is able to separately extract G60 (water soluble nutrition component) and GFX (lipid soluble component) and we received the product G63 which is a 20:1 combination of G60 and GFX.

The dosage was 3 tablets per day; three tablets each after breakfast and dinner. One 600 mg tablet contains 62.5 mg of pollen extract. (The daily quantity .... 375mg as pollen extract)

### [Results]

The trial study was stopped for 2 subjects among the 13 participants (one subject was stopped because his PSA value had increased prior to the start of administration and one was stopped because he was taking Gaster for epigastric distress before administration started but symptoms did not improve), and one other subject was eliminated from the effect determination since the IPSS was not filled in after administration.

### Graminex Prostatitis Therapy Trials ... Prostatitis

Name	Age	Progress	IPSS	Perineal pain	Erection Ejaculation Difficult	Pain during urination	Change
S. K	56	Before After 1 month	25 24	None None	None None	None None	Morning erections increased.
S. T	73	Before	17	None	None	None	

I. Y	74	After 1 month	13	None	None	None	
		Before	12	None	occasionally	occasionally	
O. T	65	With PSA - Therapy Trial stopped		No related cause			
		Before	8				
		After 3 months	3				Painful urination improved, did not have to go to the toilet at night
N. K	57	Before	11	None	Always at times	None	
		After 1 month	11	None		None	Nocturia (night urination) (3~4 times)
		After 2 months	6	None	None	None	Nocturia (night urination) (2~3 times)
		After 3 months	9	None	None	None	Daytime urination, urinate freely
I. T	62	Before	10	pain at times	occasionally difficult	None	
		After 1 month	8	pain at times	occasionally difficult	None	A little improvement of perineal pain
		After 3 months	8	pain at times Difficult	occasionally	None	No particular change In symptoms, Watching the drop of of PSA
M. T	73	Before	18	None	None	None	
		After 1 month	14	None	None	None	
		After 3 months	14	None	None	None	
S. I	68	Before	7	None	None	None	
		After 1 month	5	None	None	None	Urination
S. M	61	Before	27				
T. M	71	After 1 month		No IPPS record			improved a little,
		Before	17	None	No Erection	None	Concomitant administration of Gastar (20)
				Reverse flow			Related cause unknown
U. T	62	Before		None	None	None	
		After 1 month	14	at times painful, At times difficult		None	
M. H	74	Before	15	None	None	None	
		After 1 month	6	None	None	None	rather improved
S. T	71	Before	24	None	always difficult	pain at times	
		After 1 month	17	None	difficult at times	pain at times	Pain is improving

#### [Conclusion]

The Average subject age was  $66.1 \pm 5.7$ , and 9 out of 10 patients saw improvement with a drop in IPSS score. The average IPSS was 15 before and administration, dropping to an IPSS average of 11 after administration. Additionally, improved patients evidenced an improving trend in their symptoms of perineal pain, erection, ejaculation difficulty, and pain during urination.

#### [Discussion]

Reshaping of the inflamed portion becomes necessary in the case of bacterial and non-bacterial inflammation of the prostate occurring. Pollen extract makes possible rapid recovery since it contains plentiful amino acids and co-enzymes that work with the vitamins and mineral which are required for the repair of cells. Additionally, it is can be considered that the prostate function also recovers since the zinc and selenium which are necessary for the Prostate are also included in the extract.

[Safety]

There was an example of the medical trial being stopped for 2 subjects. As previously mentioned, the trial was stopped because of the high PSA value and treatment was changed to another method. And, the other case was stopped because Gaster was taken for epigastric distress before administration started but symptoms did not improve. Based upon examination by stomach camera, reflux esophagitis and erosive gastritis were evidenced and a causal relationship with pollen extract could not be recognized. There were no other symptoms of particular note and this supplement can be administered long term with peace of mind.

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