

# IMPORTANT NEWS FOR ALL MEN OVER FIFTY

In recent years scientists have discovered that a group of plant substances called isoflavones may have profound health benefits.

People in less industrialised countries where the diet includes large amounts of isoflavones suffer relatively few hormone-related disorders.

In the typical Irish diet people often consume less than one-twentieth of the ideal amount of isoflavones and hormone-related problems are rampant.

## SEXUAL FUNCTIONS

In men these typically affect the prostate gland. In countries such as Ireland, prostate problems may affect the majority of men over 50.



**MARTIN FORDE N.D., D.O.,**  
Naturopath & Osteopath  
Symptoms include difficulties with urination and with sexual function.

Foods high in isoflavones include black rye bread, lentils and various beans, and unless you eat considerable amounts of these every day you are likely to lack isoflavones in your diet.

## PROMISING UNIVERSITY RESEARCH

A new supplement, Trinovin has been developed especially to help this problem. It is made from the common herb red clover, grown in Australia and New Zealand under strict quality assurance procedures, and manufactured in approved facilities to the highest standards. Trinovin provides a guaranteed and standardised once-daily supplement of the important isoflavones and has been the subject of promising university research.

## MENS HEALTH

Ideal for helping maintain prostate health, Trinovin can be used on its own or if desired, in conjunction with Prostate

Formula. Prostate Formula contains Saw Palmetto together with other helpful herbs which are noted for their beneficial influence on men's health, but which work in a slightly different way from isoflavones.

For women, a "sister product", Promensil can assist in providing the daily requirement of isoflavones in a single, small tablet. In women, sufficient dietary isoflavones may help with menopausal symptoms.

## References

1. Buck A.C. *British Journal Of Urology*, 1996; 78:325-336;
2. Adlercreutz H, Markkanen H, Watanabe S. *The Lancet*, 1993; 342: 1209-1210;
3. Stephens F.O. *MJA*, 1997; 167: 138-140



## CREATINE FOR MUSCLE AND STRENGTH

Dr. Colgan consults and lectures for many organisations including the US National Institute on Aging, the New Zealand Government, Twin Laboratories Inc, Weider Health & Fitness, Usana, Matraceuticals, and Digital Equipment.

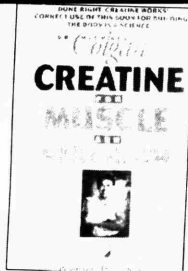
His professional memberships include the American College of Sports Medicine, the New York Academy of Sciences, and the British Society of Nutritional Medicine. He is also on the Council of International American Association of Clinical Nutritionists, the certifying authority for

clinical nutritionists.

Dr. Colgan has published numerous titles, some of them bestsellers, including *Prevent Cancer Now* (CI Publications), *The New Nutrition* (Apple), and the recent bestseller *Hormonal Health* (Apple).

He is currently working on several books including *The Sports Nutrition Guide* (Apple), *The Power Program* (Apple) and is the Editorial Director of the *COLGAN* *Chronicals News Journal* (Apple).

COST £3.49

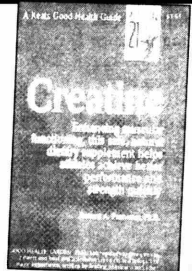


## CREATINE

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- Richard A. Passwater, Ph.D.  
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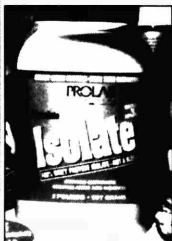
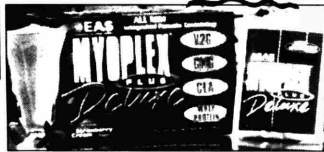
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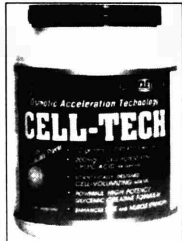


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