

Pro-UROL

For the pain of non-bacterial chronic prostatitis (CP/CPPS)

WHY YOU WERE GIVEN THIS

Your clinician has suggested you consider Pro-UROL, a Health Canada-licensed natural health product. This sheet explains what it is, how to take it and what to watch for.

WHAT IT IS LICENSED FOR

Health Canada has licensed Pro-UROL to:

- Help relieve the pain of non-bacterial chronic prostatitis
- Help relieve pain associated with chronic prostatitis to support quality of life
- Help to support prostate health

It does not treat infection, an enlarged prostate (BPH) or prostate cancer.

WHAT IS IN EACH TABLET

Quercetin	400 mg
Pollen extract (10:1)	120 mg
Papain	50 mg
Stem bromelain	33.33 mg

Non-medicinal ingredients: microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silicon dioxide, polyvinyl alcohol, polyethylene glycol (macrogol), talc.

HOW TO TAKE IT

1 tablet, 3 times a day, with meals (men 18 and older). Taking it with breakfast, lunch and dinner makes every dose easy to remember. One 90-tablet bottle lasts 30 days.

Give it about **12 weeks**, then review with your clinician. If it has not helped, stop and discuss other options. Ask your clinician before using it for longer than 12 weeks.

DO NOT USE IF

You are allergic to bee products or pollen.

ASK YOUR CLINICIAN OR PHARMACIST FIRST IF YOU

- Take a blood thinner, anti-inflammatory drugs or antibiotics
- Have a stomach or intestinal ulcer
- Are having surgery
- Are allergic to latex or certain fruits (e.g. avocado, banana, kiwi, pineapple, mango)

GET HELP RIGHT AWAY FOR

Fever or chills, being unable to urinate, blood in your urine, or severe pain. A supplement is not the right treatment for these.

TRACK YOUR SYMPTOMS

Score yourself with the free NIH-CPSI questionnaire at aleaflabs.com/cpsi. A drop of about 6 points is a change most men notice.

Before starting Score: _____ Date: _____

At 6 weeks Score: _____ Date: _____

At 12 weeks Score: _____ Date: _____

From your clinician

Name: _____

Follow-up: _____

Where to get it: prourol.ca · Made in Canada in a GMP-certified facility · Questions: support@aleaflabs.com