



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Male Wellness

Diet

- Cruciferous vegetables: broccoli, cauliflower, turnip, radish, water cress mustard seeds
- Reduce alcohol consumption
- Maintain ideal weight (Aromatase is found in fat, especially abdominal fat, and converts testosterone to estrogen)

Dietary Supplements

Nettle

- Reduced binding of testosterone to SHBG and increases free testosterone levels
- Reduces DHT binding to prostate reducing prostate enlargement
- Reduces formation of DHT and may reduce excess facial hair and scalp hair loss

Treatment forms:

- methanolic extract 240mg/day
- SuperMiraForte 4 capsules/day

Saw Palmetto

- Blocks oxidation of testosterone to DHT and androstenedione (implicated in BPH)
- Blocks estrogen receptors

Treatment forms:

- Saw palmetto super-critical extract 320mg/day
- SuperMiraForte 4 capsules/day

Indole-3-carbinol

- Enhances estrogen breakdown

Treatment forms:

- Indole-3-carbinol 400mg/day

Zinc

- Inhibits aromatase

Treatment forms:

- Zinc 80mg (30-90mg).day

Chrysin

- Bioavailability enhanced by piperine
- Inhibits aromatase and reduces serum estrogens
- Increases free and total testosterone
- Anti-inflammatory activity
- Anti-anxiety activity

Treatment forms:

- SuperMiraForte 4 capsules/day



Accurate Clinic

2401 Veterans Memorial Blvd. Suite16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Muira Puama

- May improve libido and erectile dysfunction

Treatment forms:

- SuperMiraForte 4 capsules/day

Others

Several compounds have been shown to inhibit aromatase and have additional benefits for health, anti-aging, and hair growth. Most notable among these compounds are Green Tea Extract, Grape Seed/Resveratrol Extract, Pomegranate Extract and Melatonin. Definitive studies confirming their clinical effectiveness are lacking however.