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PROSTATE CANCER PREVENTION

<u>SUPPLEMENT</u>	<u>SOURCE</u>	<u>DOSAGE</u>
Vitamin E	alpha-tocopherols, gelcap	400 Units/daily
Selenium	yeast based tablet; wheat germ, bran, oats, brown rice, barley, garlic, onions, turnips, rye, Brazil nuts, soybeans, mushrooms	200 mcg/day-with a meal
Zinc citrate	fish, shellfish, beans, nuts, seeds, whole grains, meats, oysters, or as vitamin tablet	15-50 mg/day
Omega 3 Fatty Acids	fresh water fish; oils: cod liver, flax seed, canola, walnut, olive, corn, soybean; wheat germ, soybeans; seafood	in moderation
Vitamin D	salmon, herring, tuna, mackerel (all packed in water, or fresh), cod liver oil, sun 10-15min(2-3 times/week), dark green leafy vegetables, egg yolk	25 mg/day
Isoflavones(plant estrogens)	tofu, flaxseed, soy/soy products, miso, Soybean lecithin, tempeh, lentil, NOT SOY SAUCE	50-100 mg/day
Lycopenes	tomatoes/tomato products, grapefruit, guava juice, watermelon, papaya, apricots	several times/week