



**MEDI CRESCENT  
PHARMA LTD**

# **MEDI VITAL MEN**

**PROSTATE BENEFITS**

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# INTRODUCTION

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Prostate health is a critical concern in modern men's wellness, with rising incidences of benign prostatic hyperplasia (BPH), prostatitis, and prostate-related urinary complications affecting men across various age groups. As clinicians seek more integrative and patient-friendly solutions, the role of nutraceuticals continues to gain momentum in clinical practice.

Medi Vital Men is a scientifically formulated supplement designed to support men's reproductive and prostate health. This booklet provides a comprehensive look at the key ingredients in Medi Vital Men, detailing their pharmacological properties, prostate-specific benefits, and relevance to men with comorbidities such as diabetes, obesity, alcohol use, and smoking history.

Our aim is to equip healthcare professionals with a deeper understanding of how these ingredients may complement conventional care—offering a natural, well-tolerated support system for prostate function, hormonal balance, and overall male vitality.

We invite you to explore this carefully curated resource and consider how Medi Vital Men may serve your patients' needs in a holistic, clinically aware approach to men's health.



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# L-ARGININE

L-Arginine is a semi-essential amino acid that plays a pivotal role in nitric oxide (NO) synthesis, which is crucial for vascular health and smooth muscle relaxation. In the context of prostate health, L-Arginine's ability to enhance blood flow through vasodilation has a direct impact on reducing pelvic congestion and improving oxygenation in prostatic tissues.

This increased circulation aids in reducing chronic inflammation, a known contributor to benign prostatic hyperplasia (BPH) and lower urinary tract symptoms (LUTS). Improved blood supply may also support tissue repair, modulate immune response, and contribute to a healthier urogenital environment, which is especially beneficial in aging men experiencing progressive prostate enlargement.



## MEDI VITAL MEN

- Arginine, Talmakhana, Kaunch Beej, Satawari, Ashwagandha, Vidarikanda, Gokshura, Safed musli, Nutmeg, Shudhi shilajit, Shudhi kuchla, Utangana beej & Mochras extract Tablets

3 X 10 Tablets



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# WITHANIA SOMNIFERA

*Withania somnifera* is a potent adaptogen with anti-inflammatory and antioxidant properties that help protect prostate cells from oxidative stress and chronic inflammation—both major contributors to benign prostatic hyperplasia (BPH).

It supports hormonal balance by regulating cortisol and enhancing natural testosterone production, contributing to prostate health and improved urinary function. Additionally, studies show that *Withania somnifera* improves sperm quality and fertility markers, reinforcing its role in overall male reproductive wellness (Mahdi et al., 2009).

Its ability to modulate stress and support endocrine health makes it valuable in managing age-related prostate changes.



# MUCUNA PRURIENS



Mucuna pruriens is rich in L-DOPA, a precursor to dopamine, which plays a key role in stimulating testosterone production through the hypothalamic-pituitary-gonadal axis. This hormonal support helps maintain healthy prostate function, regulates prostate size, and supports sperm production.

It also provides antioxidant protection to prostatic tissue by reducing oxidative stress, a key contributor to prostate inflammation and cellular damage. Clinical studies have shown improvements in sperm quality, including count and motility, along with enhanced antioxidant enzyme levels in men using Mucuna pruriens (Shukla et al., 2009).

By supporting hormonal balance, reproductive function, and cellular protection, Mucuna pruriens contributes to overall prostate and male fertility health.



# PUERARIA TUBEROSA

*Pueraria tuberosa* is recognized for its rejuvenating, anti-inflammatory, and androgen-supportive properties. It promotes healthy prostate tissue function by enhancing cell regeneration and reducing oxidative stress, which can otherwise contribute to prostate enlargement.

The herb is also known to improve spermatogenesis, regulate testosterone levels, and strengthen overall reproductive function. Its bioactive compounds help in maintaining smooth urinary flow and may aid in preventing the progression of benign prostatic hyperplasia (BPH). Additionally, *Pueraria tuberosa* has shown potential in improving renal and hepatic function, which further supports its systemic benefits for men's health (Pandey et al., 2012).



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# HYGROPHILA SPINOSA

Hygrophila spinosa is traditionally used in Ayurveda to support urinary and prostate health. It exhibits anti-inflammatory and diuretic properties that help reduce prostatic swelling, relieve urinary retention, and promote smooth urine flow—common concerns in men with benign prostatic hyperplasia (BPH).

Its ability to support toxin elimination and calm the urinary tract makes it a valuable botanical for maintaining urogenital comfort and function.



The image shows the packaging for Medi Vital Men. It features a blue background with a silhouette of a man in a running pose. The text on the packaging includes the company logo (Medi Crescent Pharma Ltd), the product name 'MEDI VITAL MEN', a list of ingredients: Arginine, Talmakhana, Kaunch Beej, Satawari, Ashwagandha, Vidarikanda, Gokshura, Safed musli, Nutmeg, Shudh shilajit, Shudh kuchla, Utangana beej & Mochras extract Tablets, and the quantity '3 X 10 Tablets'.





# ASPARAGUS RACEMOSUS



Asparagus racemosus supports prostate and urinary health through its natural anti-inflammatory and antioxidant actions. It helps reduce prostatic irritation, improves urine flow, and supports relief from symptoms of benign prostatic hyperplasia (BPH).

Its adaptogenic properties also aid in maintaining hormonal balance and stress resilience, both of which are essential in managing age-related prostate conditions (Thakur et al., 2007).



# MYRISTICA FRAGRANS

Myristica fragrans, contains bioactive compounds such as myristicin and elemicin, which exhibit notable anti-inflammatory and antioxidant effects. These properties help protect prostatic tissue from inflammation-induced damage and oxidative stress—two key contributors to benign prostatic hyperplasia (BPH) and age-related prostate dysfunction.

Traditionally used to support urinary comfort and sexual vigor, Myristica fragrans may also enhance blood circulation in the pelvic region, supporting erectile function and reducing pelvic congestion. Its combined actions make it a supportive herb in maintaining prostate wellness and overall urogenital balance in men (Ravindran et al., 2012).



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# TRIBULUS TERRESTRIS

Tribulus terrestris is a well-known botanical used to support male reproductive health, particularly through its effect on androgen modulation. It helps regulate testosterone and dihydrotestosterone (DHT) levels, which play a critical role in maintaining prostate size and function. Its anti-inflammatory and antioxidant properties protect the prostate from chronic irritation and oxidative cell damage, key factors in the development of benign prostatic hyperplasia (BPH).

Research has also shown that Tribulus terrestris improves urinary flow, reduces nocturia, and enhances libido and sperm quality. Its role in maintaining endocrine balance and reducing prostatic congestion makes it a valuable component in natural prostate support (Ghosian Moghaddam et al., 2013).



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# CHLOROPHYTUM BORIVILIANUM



Chlorophytum borivilium, is a potent adaptogenic and aphrodisiac herb that supports male reproductive and prostate health. It enhances testosterone levels, improves sperm count and motility, and helps restore libido, which are often affected in men with prostate dysfunction.

Its strong antioxidant properties protect prostate cells from oxidative damage, while its role in immune modulation helps reduce chronic inflammation of the prostate.

In traditional use and emerging research, Chlorophytum borivilium has shown promise in supporting urinary comfort, hormonal stability, and overall prostate function, particularly in aging men or those experiencing early symptoms of BPH (Thakur et al., 2009).

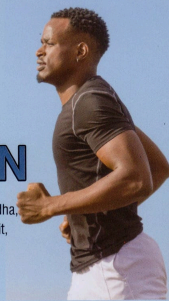


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Vidarikanda, Gokshura, Safed musli, Nutmeg, Shudh shilajit,  
Shudh kuchla, Utangana beej & Mochras extract Tablets

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# BOMBAX CEIBA

Bombax ceiba is traditionally used in Ayurvedic and Unani medicine for its cooling, astringent, and anti-inflammatory properties. It helps soothe irritation of the urinary tract, reduce urinary frequency, and ease bladder discomfort, making it beneficial in men with benign prostatic hyperplasia (BPH).

Its bioactive compounds support prostate tissue integrity and may aid in reducing nocturia, a common complaint in older men.

Additionally, Bombax ceiba has been associated with improved seminal quality and reproductive function, making it valuable in promoting overall male urogenital health (Shukla et al., 2011).



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# STRYCHNOS NUX-VOMICA

Strychnos nux-vomica is traditionally used in controlled, therapeutic doses for its neuromodulatory and circulatory-enhancing effects. It may help improve bladder tone and pelvic nerve sensitivity, which are often compromised in men with enlarged prostate or bladder outlet obstruction.

By enhancing bladder responsiveness and improving urinary flow, Strychnos nux-vomica may assist in relieving symptoms such as urinary hesitancy and retention. When used appropriately within a balanced herbal formulation, it supports nervous system tone, urinary efficiency, and urogenital function (Garg et al., 2006).



  
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# BLEPHARIS EDULIS



Blepharis edulis is valued in traditional medicine for its uroprotective, anti-inflammatory, and antimicrobial properties. It has been used to relieve urinary discomfort, support smooth urination, and reduce pelvic inflammation, making it useful in the management of benign prostatic hyperplasia (BPH) and related symptoms.

Its diuretic action helps promote urinary cleansing, while its phytochemical profile offers protection against urinary tract infections, which can aggravate prostate issues.

Blepharis edulis contributes to overall prostate and bladder health, especially in men with chronic urinary retention or inflammation-related symptoms (Upadhyay et al., 2010).

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3 X 10 Tablets

# ASPHALTUM PUNJABIANUM

Asphaltum punjabianum is a mineral-rich herbo-mineral exudate traditionally used in Ayurvedic medicine as a rejuvenative and adaptogenic compound. It contains high levels of fulvic acid, humic substances, and essential trace minerals, which work synergistically to combat oxidative stress, reduce inflammation, and support prostate cellular integrity.

By promoting natural testosterone production, it plays a key role in maintaining male reproductive health, supporting libido, and improving sperm parameters, which are often compromised in men with chronic prostate conditions. Its influence on androgen balance, along with its ability to improve blood circulation in the pelvic region, makes it beneficial for men with benign prostatic hyperplasia (BPH) and age-related urogenital issues.



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# CONCLUSION

Prostate health is influenced by multiple factors, including inflammation, oxidative stress, hormonal decline, and poor circulation. The ingredients in Medi Vital Men have been carefully selected to address these issues using both traditional knowledge and emerging scientific support.

Each botanical and mineral component contributes to improving prostate function, enhancing testosterone levels, supporting urinary flow, and boosting overall male vitality.

This booklet offers a quick reference for healthcare providers considering Medi Vital Men as part of a supportive approach for men with:

- Early signs of BPH
- Urinary discomfort
- Low sperm quality or libido
- Lifestyle-related hormonal imbalance

With its natural composition, Medi Vital Men can complement conventional care in promoting long-term prostate wellness.



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