

Scientific References

- I. <https://nicoleporterwellness.com/did-you-know-okinawan-men-less-likely-death-prostate-cancer/>
- II. [ncbi.nlm.nih.gov/pmc/articles/PMC3703747/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3703747/)
- III. <https://www.ncbi.nlm.nih.gov/pubmed/18156403>
- IV. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1476047/>
- V. <https://www.healthline.com/health/BPH-renal-failure-know-your-risks>
- VI. <https://www.ncbi.nlm.nih.gov/pubmed/16882745?dopt=Abstract>
- VII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3221555/>
- VIII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2198849/>
- IX. <https://psnet.ahrq.gov/web-mm/renal-failure-due-benign-prostatic-hyperplasia>
- X. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3742263/>
- XI. <https://med.stanford.edu/news/all-news/2019/06/two-genes-implicated-in-development-of-prostate-enlargement.html>
- XII. <https://med.stanford.edu/news/all-news/2019/06/two-genes-implicated-in-development-of-prostate-enlargement.html>
- XIII. <https://www.ncbi.nlm.nih.gov/pubmed/22633187>
- XIV. <https://www.mayoclinic.org/tests-procedures/turp/about/pac-20384880>
- XV. <https://www.hsph.harvard.edu/nutritionsource/2014/03/03/lycopene-may-decrease-prostate-cancer-risk/>
- XVI. <https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/comparison-of-plasma-and-prostate-lycopene-in-response-to-typical-servings-of-tomato-soup-sauce-or-juice-in-men-before-prostatectomy/67BEFB4E9BCA87145FDA8CAD2C064AA7>
- XVII. <https://www.ncbi.nlm.nih.gov/pubmed/15758764/>
- XVIII. <https://www.healthline.com/health/enlarged-prostate>
- XIX. <https://www.drugs.com/tamsulosin.html>
- XX. <https://www.healthline.com/health/enlarged-prostate-medications-list>
- XXI. <https://www.mayoclinic.org/diseases-conditions/retrograde-ejaculation/symptoms-causes/syc-20354890?page=0&citems=10>
- XXII. <https://www.healthline.com/health/kidney-failure>
- XXIII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5654453/>
- XXIV. https://www.health.harvard.edu/a_to_z/enlarged-prostate-benign-prostatic-hyperplasia-a-to-z
- XXV. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5902724/>
- XXVI. <https://www.ncbi.nlm.nih.gov/pubmed/24458832>
- XXVII. <https://pubmed.ncbi.nlm.nih.gov/16882745-persistent-intraprostatic-androgen-concentrations-after-medical-castration-in-healthy-men/>
- XXVIII. <https://www.ncbi.nlm.nih.gov/pubmed/16882745?dopt=Abstract>
- XXIX. <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1439-0272.2008.00883.x>
- XXX. <https://profiles.stanford.edu/james-brooks>

- XXXI. <https://insight.jci.org/articles/view/129749/pdf>
- XXXII. <https://www.sciencedirect.com/science/article/pii/S1879522617300374>
- XXXIII. <https://www.ncbi.nlm.nih.gov/pubmed/10765091?dopt=Abstract>
- XXXIV. <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1464-410X.2006.06098.x>
- XXXV. <https://www.sciencedirect.com/science/article/abs/pii/S030228380601582X>
- XXXVI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4090903/>
- XXXVII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6301565/>
- XXXVIII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4650459/>
- XXXIX. <https://www.ncbi.nlm.nih.gov/pubmed/21376773>
- XL. <https://www.ncbi.nlm.nih.gov/pubmed/27464069>
- XLI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3552388/>
- XLII. <https://www.webmd.com/men/prostate-enlargement-bph/features/enlarged-prostate-bph-complex-problem>
- XLIII. <https://web.archive.org/web/20071113053915/http://www.mlit.go.jp/crd/chirit/ritoutoha.html>
- XLIV. <https://nicoleporterwellness.com/did-you-know-okinawan-men-less-likely-death-prostate-cancer/>
- XLV. <https://www.sciencedirect.com/topics/immunology-and-microbiology/lycopene>
- XLVI. <https://www.ncbi.nlm.nih.gov/pubmed/21487789>
- XLVII. <https://www.ncbi.nlm.nih.gov/pubmed/30651415>
- XLVIII. <https://www.ncbi.nlm.nih.gov/pubmed/10673911>
- XLIX. <https://academic.oup.com/jn/article/133/11/3356/4817958>
- L. <https://www.ncbi.nlm.nih.gov/pubmed/12424325/>
- LI. <https://www.ncbi.nlm.nih.gov/pubmed/22595193>
- LII. <https://www.ncbi.nlm.nih.gov/pubmed/19937850/>
- LIII. <https://www.ncbi.nlm.nih.gov/pubmed/21356343/>
- LIV. <https://www.ncbi.nlm.nih.gov/pubmed/10383481/>
- LV. <https://www.mayoclinic.org/drugs-supplements-zinc/art-20366112>
- LVI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5490603/>
- LVII. <https://www.ncbi.nlm.nih.gov/pubmed/21110905>
- LVIII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6149936/>
- LIX. <https://www.sciencedirect.com/science/article/pii/S0367326X16300533>
- LX. <https://www.ncbi.nlm.nih.gov/pubmed/22522969>
- LXI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5306179/>
- LXII. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4002402/>
- LXIII. <https://www.forbes.com/sites/stevensalzberg/2015/02/16/a-really-bad-week-for-the-supplements-industry/#d81003d7d6e5>