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NUTRITIONAL SUGGESTIONS FOR A HEALTHY PROSTATE

NUTRIENT	SOURCE	DOSAGE
Vitamin E	Nuts, seeds, canola oil, soybean oil, olive oil, alpha-tocopherals-gelcaps	1 serving/day; 400 units/day (if using supplement)
	NOTE: gelcap useful for smokers and ex-smokers	
	Use gelcap with caution if on anti-coagulants (blood thinners)	
Selenium	Wheat germ, bran, oats, brown rice, barley, garlic, onions, turnips, rye, Brazil nuts, soybeans, fish, chicken, mushrooms; yeast-based tablet	1 serving/day; 200 mcg/day with a meal (if using supplement)
	NOTE: Tablet best suited for those with selenium deficiency	
Zinc citrate	Fish, shellfish, beans, nuts, seeds, whole grains, meats, oysters; tablet or capsule	2-3 servings/week; 15-50 mg/day (if using supplement)
Omega-3 Fatty Acids	Fresh water fish; oils: cod liver, flax seed, canola, walnut, olive, corn, soybean; wheat germ; soybeans; seafood	1 serving/day
Vitamin D	Salmon, herring, tuna, mackerel (all packed in water or fresh); cod liver oil; sunlight 10-15 min (2-3 times weekly); dark green leafy vegetables; egg yolk	2-3 servings/week; 400 units/day (if using supplement)
Isoflavones (plant estrogens)	Tofu, flaxseed, soybeans, soy protein powder, soy milk, miso, soy lecithin, tempeh, lentil <b>NOT SOY SAUCE</b>	1 serving/day 50-100 mg/day (if using supplement)
	NOTE OF CAUTION WITH FLAXSEED: do NOT use 2-3 hours BEFORE or AFTER a prescription medication.	
Lycopenes	Tomatoes/tomato products; grapefruit; guava juice; watermelon; papaya; apricots	10 servings/week
	NOTE: DO NOT USE A MANUFACTURED "PILL"	
	NOTE: tomato sauce or tomatoes cooked in oil offer most protection; Tomato juice not readily absorbed to provide benefits	

