

men's health

New Ally In The Pursuit Of Good Prostate Health

(NAPSA)—New research reveals that multivitamins can help defend against chronic diseases including prostate cancer. Here is the latest information on how you can reduce your risk for one of the three top men's health concerns:

- **One in three...and rising.**

Current research and statistics show that men account for over 600,000 heart attacks each year, that high blood pressure is the leading cause of heart disease in men, and remarkably, that one in three men is at risk for prostate problems and one in six is at risk for prostate cancer. The good news is that there is a new resource available to men to help them protect their prostate health.

- **The power of pizza.**

Emerging research shows that a diet high in lycopene can be a powerful tool to protect your prostate health. Lycopene is found in nature in fruits and vegetables and is the plant chemical that gives tomatoes their red color. It is found in tomatoes and tomato-based foods such as ketchup, salsa and pizza sauce. Research shows that a diet high in lycopene, an antioxidant that helps combat free radicals in the body that can damage DNA and cells, may reduce the risk of prostate cancer. In fact, researchers at Harvard found that men who ate at least 10 servings of tomato-based foods (which contain lycopene) per week were 45 percent less likely to develop prostate cancer.

- **"One tomato, two tomatoes..."** While lycopene can be found in everyday foods, getting optimal amounts of the antioxidant may be difficult. In fact, researchers estimate that four out of five people do not get the recommended five servings of

"Multivitamins can help defend against chronic diseases, such as cancer and heart disease.

Lycopene offers men another tool to help protect their prostate health."

Heidi Skolnik, M.S., C.D.N.,

New York Giants team nutritionist



fruits and vegetables each day. To aid in getting your daily nutrition needs, One-A-Day has introduced a new multivitamin supplement tailored especially for men's health needs. One-A-Day Men's Health Formula is a complete multivitamin with 22 key nutrients, including lycopene, zinc, selenium and vitamin E to support prostate health.

- **A little goes a long way.**

The overall health benefits of adding a multivitamin to a normal healthy diet are substantial. In fact, Harvard researchers recently made the landmark recommendation that *all* Americans take a multivitamin to supplement their diets. The report, released in the *Journal of the American Medical Association*, showed that multivitamins can help reduce the risk of chronic diseases such as heart disease and cancer.

- **Commit!** Health conscious men can never have too many allies while striving for good overall health. A healthy diet, exercise and multivitamins such as One-A-Day Men's Health Formula with lycopene can provide critical health advantages for years to come.

For more information about the multivitamin you need, log onto www.oneaday.com.