

The following table provides a quick overview of many supplements and prescription medications that patients regularly ask about.

Supplement or Medication Comments	
Aspirin	Low-dose baby aspirin only makes sense for those with a higher risk of heart disease.
Beta-Sitosterol, Pygeum Africanum, or Saw Palmetto	All possible options for non-cancerous enlargement of the prostate (BPH) with or without prescription medications. Not known if they fight cancer or not.
B-Complex Vitamin Supplement	Avoid these because they may encourage tumor growth in some men.
Calcium	If any concern exists about bone health and you cannot get enough from foods and beverages, take calcium supplements, but those with a history of calcium stones need to take calcium citrate.
Coenzyme Q10 (CoQ10)	May provide a slight benefit in reducing the side effects of cholesterol-lowering drugs, otherwise there is no need to take an individual CoQ10 supplement.

<b>Supplement or Medication</b>	<b>Comments</b>
Fish Oil	One of the best supplements for any man with prostate cancer to reduce triglycerides, arthritis pain, and prevent weight gain. It is eye and heart healthy. If you cannot swallow the large pill, use a flavored liquid form.
Flaxseed or Soy Dietary Supplements (plant estrogen supplement)	Most of the research is with the food sources (powder or protein powder), so stay away from the dietary supplement options.
Ginger	One of the best dietary supplements to take (500 to 1000 mg per day) to reduce nausea during and after chemotherapy.
Glucosamine, Pycnogenol, or SAM-e Dietary Supplements	Taken for osteoarthritis, has a very good safety record. Now available in liquid options, but has no evidence in prostate cancer treatment.
Green Tea Supplements	Skip the supplements (has no research) and simply drink green tea. It has zero calories, a moderate amount of healthy caffeine, an anti-stress compound (L-theanine), and other healthy nutrients. Can be consumed cold or hot.

## Supplement or Medication Comments

Korean Red Ginseng (Panax Ginseng), MACA, or L-arginine aspartate & pycnogenol

These options have very good preliminary data to show they improve sexual health (erectile function/libido) in men and Panax ginseng even has data to support it potentially helps women, but there are serious quality-control issues with these products so try and find a reputable company.

Lutein and Zeaxanthin

These eye health supplements may help those with macular degeneration (one of the leading causes of vision loss) but have no evidence in prostate cancer.

Metformin

Generic drug shown to prevent diabetes and help with weight loss in prostate cancer patients and may have anti-cancer benefit.

Multivitamin

Take one children's multivitamin per day maximum if you want a multivitamin.

Niacin (vitamin B3)

One of the only B-vitamins that some individuals need to take in larger amounts in an over the counter or prescription form to increase HDL and lower triglycerides. Stay away from "no flush" niacin and just use "immediate-release" or prescription extended release niacin, if needed at all.

## Supplement or Medication Comments

Panax quinquefolius  
(also known  
American Ginseng)

This dietary supplement (1000 to 2000 mg per as day) has helped some patients reduce their fatigue and improve energy levels during chemotherapy or other cancer treatments. Should not be taken during localized prostate cancer treatment because it may have blood- thinning or blood glucose-lowering effects.

Probiotics (healthy bacteria)  
supplements

Should be avoided by most cancer patients because of the lack of research. Getting lots of fiber already gives you healthy bacteria. The only exception to my avoidance rule is with bladder cancer or bladder health. There, clinical trials find that a type of healthy bacteria from yogurt may provide a treatment benefit.

Resveratrol

This so-called anti-aging compound is sold as a supplement, but red wine is actually the best source of this compound.

Selenium

Stay away from individual supplements. Enough is provided by a children's multivitamin.

## Supplement or Medication Comments

Statin (cholesterol-lowering prescription drug)

Should be a consideration for anyone with prostate cancer who is not able to lower cholesterol and hs-CRP blood test enough using diet and exercise alone. Statins come with short- and long-term side effects so be careful to always go with the lowest effective dosage (if needed).

Vitamin C

Get it from a multivitamin. Or, higher amounts (500 to 1000 mg per day) for immune health (colds) are safe, but try to take a non-acidic form if you are concerned about side effects.

Vitamin D

Take about 800 to 1000 IU (25 mcg) of vitamin D3 (also known as “cholecalciferol”) every day on average. You can get a vitamin D blood test (25-OH vitamin D) to see how much vitamin D you need.

Vitamin E

Do not take this supplement by itself in any form. Just get your vitamin E from food or a children’s multivitamin.

## Supplement or Medication Comments

Whey Protein or Other Protein Powder (egg white, casein, soy, brown rice, pea, hemp, etc.)

Can be taken as a powdered drink supplement (never as a pill) for any man needing more high-quality protein for health, weight loss, and to support muscle health.

Zinc

There is no need to take an individual zinc supplement (prostate unhealthy), just get it in your children's multivitamin.