

Your Essential Guide to a Healthy Prostate



Welcome to your new phase of well-being!

YOU DIDN'T GET HERE BY CHANCE.

Choosing **Prosta Defender** goes far beyond taking care of your prostate health — it's a commitment to your well-being, quality of life, and vitality. It's about being able to live with more comfort, safety, and peace of mind at every stage of your life.

Prosta Defender was developed with you in mind — your needs, your challenges, and your routine. It's not just another supplement; it's a complete ally, formulated to support your prostate health in a safe, effective, and continuous way.

You're not alone on this journey. With each capsule, you take an important step toward a more balanced life, with more energy and confidence to live well.

And we'll be by your side, offering support, information, and care. Welcome to your new chapter of health and vitality.

Welcome to your new phase of well-being!

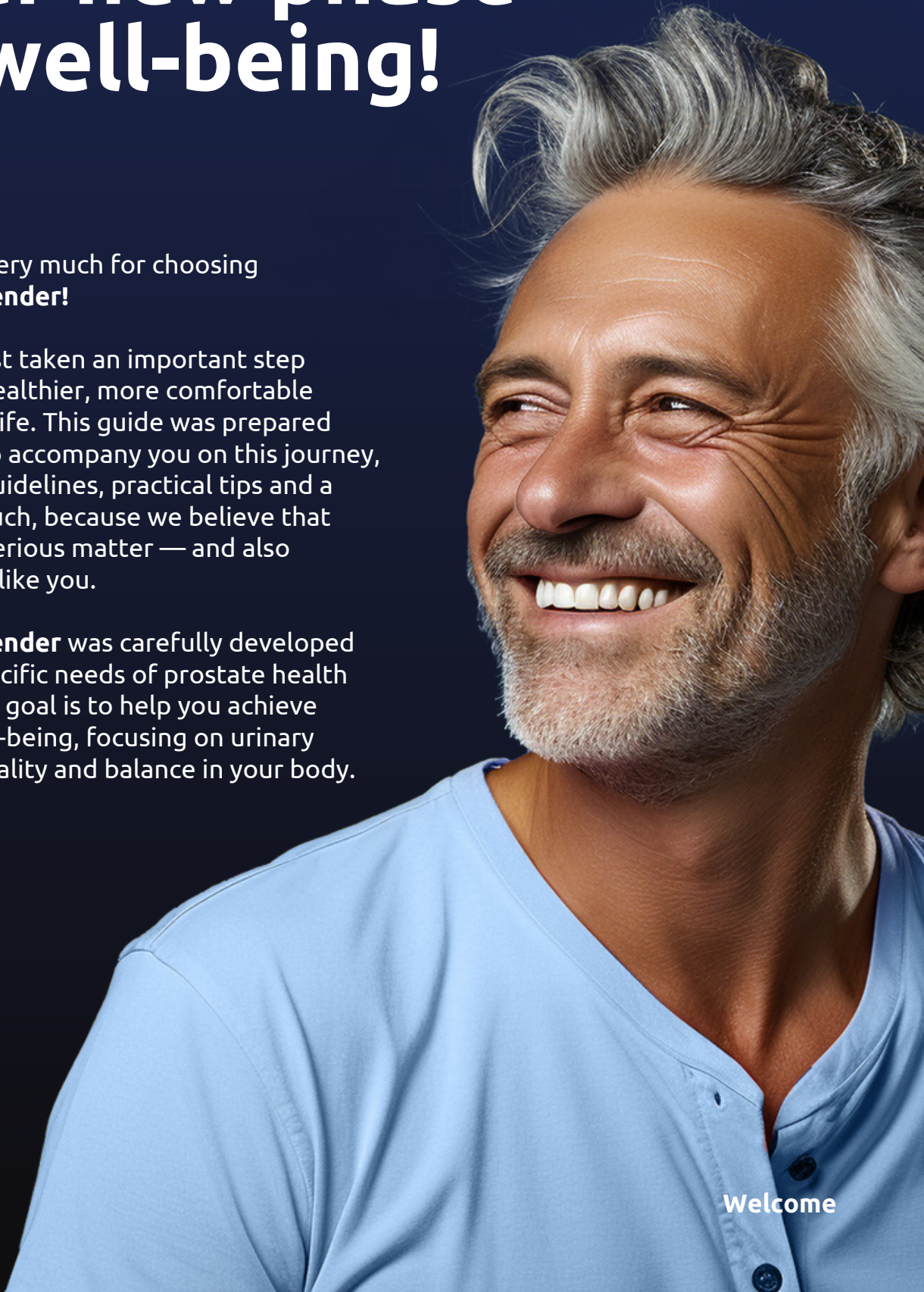
Hello,

Thank you very much for choosing
Prosta Defender!

You have just taken an important step towards a healthier, more comfortable and quality life. This guide was prepared especially to accompany you on this journey, with clear guidelines, practical tips and a personal touch, because we believe that health is a serious matter — and also unique, just like you.

Prosta Defender was carefully developed with the specific needs of prostate health in mind. Our goal is to help you achieve greater well-being, focusing on urinary function, vitality and balance in your body.

Welcome



How to Use Prosta Defender

Simple Instructions for
Great Results:



Take 2 capsules per day, preferably
20 to 30 minutes before a meal.



Drink with a glass of water (about
240 ml) to facilitate absorption.

Important: Regularity is key.
Taking **Prosta Defender** every
day, in the correct dose, is
essential to achieve the best
results. Be consistent and
confident in the process!



How to use

Good Practices that Boost Results

In addition to daily use of **Prosta Defender**, some simple actions in your daily life can make all the difference. See how you can complement your routine with healthy habits:



Smart Diet for the Prostate

- Include foods rich in lycopene, such as tomatoes, watermelon and guava.
- Include sources of healthy fats, such as salmon, sardines, nuts and seeds.
- Reduce your consumption of ultra-processed foods, sugar and saturated fats.



Get moving!

- Practicing light to moderate physical activities, such as walking, cycling or weight training, helps with circulation and general health.
- Set aside at least 30 minutes, 3 to 5 times a week to take care of your body.



Manage Stress

- Techniques such as meditation, yoga or simply taking a few deep breaths can significantly reduce the impact of stress on your body.
- Getting a good night's sleep is also essential for your hormonal and immune health.



Good Practices

Tips for Maximizing Results



- **Monitor your health:** Schedule periodic exams, such as PSA, and maintain regular medical follow-ups. This is the best way to assess your progress with Prosta Defender.



- **Hydration is everything!** Urinary health depends greatly on water intake. Try to drink at least 2 liters of water per day.



Ongoing Support — We're With You!

If you have any questions or need guidance, we are here to help!



contact@customercs.com

Our team is ready to answer your questions and ensure that you have the best possible experience with Prosta Defender.

Remember: Your health deserves priority. And you have already started in the best possible way, by choosing a quality product with scientific backing. **Prosta Defender** is more than a supplement — it is an ally in your self-care journey. Be patient, consistent and kind to yourself. With time and dedication, the results will come. We are with you every step of the way!





PROSTA DEFENDER



Supports a healthy inflammatory response*



Helps maintain healthy urinary flow and bladder function*



Promotes overall male vitality and well-being*

Dietary Supplement
60 Capsules