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**Enterolactone Supports Prostate Health**  
*New Research Indicates the Lignan Metabolite Enterolactone, Not Parent Lignans,  
Key For Prostate Health*

**EASTON, PA – March 8, 2006** – Linnea, the exclusive supplier of HMRLignan™, announced today that a new Swedish study evaluated the association between serum enterolactone and risk of prostate cancer. In the study, entitled, “Dietary phytoestrogen, serum enterolactone and risk of prostate cancer: the Cancer Prostate Sweden Study,” by Hedelin, M., et al; (*Cancer Causes and Control* (2006) 17:169-180), the authors concluded that there was a positive mechanistic association between serum enterolactone concentration and risk of prostate cancer.

Based on evidence that phytoestrogens may protect against prostate cancer, the study aimed to evaluate the associations between serum enterolactone concentration or dietary phytoestrogen intake and risk of prostate cancer. The conclusions of the study, which involved 1,499 prostate cancer cases and 1,130 controls, supports the hypothesis that high intake of food items rich in phytoestrogens was associated with a decreased risk of prostate cancer; but did not find an association between dietary intake of total or individual lignans or isoflavonoids and risk of prostate cancer. By contrast, serum levels of enterolactone were correlated with a decreased risk of prostate cancer.

“Many epidemiological studies have established a link between circulating enterolactone and risks of prostate cancer,” said Robin Ward, Vice President of Marketing, Linnea Inc. “Enterolactone is the phytoestrogenic lignan metabolite of the parent lignans from flax, sesame, rye and other plant foods,” he added.

Lignans are a normal part of a healthy diet, however, due to the over-processing of food and a low intake of fruits, vegetables and unrefined grains, most people do not get enough lignans in

their daily diet. Average intake in the U.S. diet is less than 1mg per day; well below the levels that research indicates to achieve health benefits.

“An increasing body of research evidence supports the health benefits of enterolactone,” Ward added. “Enterolactone appears to have direct inhibitory effects associated with cancer cell growth and signaling. Research has shown that enterolactone competes with E2 for the type II estrogen receptor, induces sex hormone binding globulin (SHBG) and influences steroid metabolism and synthesis, thus potentially reducing proliferation of hormone dependant prostate.”

As an alternate source of lignans, HMRLignan™ (hydroxymatairesinol) is a highly bioavailable and efficient precursor of enterolactone. HMRLignan™ is standardized to contain 80,000 mg/100 g of lignans and the daily dosage to raise enterolactone levels is 10 - 30 mg daily.

Derived from Norway Spruce (*Picea abies*), HMRLignan™ is a direct enterolactone precursor dietary supplement. It is a proprietary and patent protected product developed in Finland by Hormos Medical Corporation, and manufactured and marketed worldwide under license by Linnea, Switzerland.

### **About Linnea**

From its headquarters and manufacturing facility in Locarno, Switzerland, Linnea specializes in the manufacture of botanical extracts and phytochemicals, and is a leading supplier to the pharmaceutical, dietary supplement and cosmetic industries. HMRLignan™ is a proprietary, patent protected, product manufactured by Linnea SA. The company’s U.S. office, Linnea Inc., is located in Easton, Pennsylvania. For more information about HMRLignan™, visit our Web site at [www.hmrlignan.com](http://www.hmrlignan.com) or call 1-888-253-0044.

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