

Prosta Defend Medical Update: Does It Help Shrinking an Enlarged Prostate?

Author: Dr. Carlos M. Alvarez, MD, MPH **Clinical Review:** Dr. Thomas E. Whitman, MD, MPH **Updated:** February 4, 2026.

For many men, the bathroom becomes a battlefield after age 50. The constant urge to go, the weak stream that "starts and stops," and the frustrating nighttime awakenings can make life feel like it's on a short leash.

Try Two 60 Days, 2 Bottles	Best Value 180 Days, 6 Bottles	Most Popular 90 Days, 3 Bottles
		
\$79 / Bottle	\$49 / Bottle	\$59 / Bottle
+ 2 FREE BONUSES	+ 2 FREE BONUSES	+ 2 FREE BONUSES
BUY NOW	BUY NOW	BUY NOW
90 Day Money-Back Guarantee	90 Day Money-Back Guarantee	90 Day Money-Back Guarantee
		
TOTAL: \$158 + SHIPPING	TOTAL: \$294 + FREE US SHIPPING	TOTAL: \$177 + FREE US SHIPPING

Claim Your Deal Online Now

If you've been searching for a **natural BPH treatment supplement**, you've likely seen the name **Prosta Defend**.

But in the crowded world of **prostate health pills for BPH**, the biggest question remains: **Does Prosta Defend shrink the prostate?** In this 2026

medical update, we look at the clinical evidence, user results, and how this formula stacks up against prescriptions and other supplements.

What is Prosta Defend?

Prosta Defend is a high-potency dietary supplement designed to support the male urinary system. Marketed as a comprehensive **prostate support supplement**, it is formulated with a blend of vitamins, minerals, and plant-based extracts that target the underlying causes of prostate discomfort.

Unlike many **Prosta Defend alternatives** that rely on a single herb, this formula uses a "multi-pathway" approach. It aims to address hormonal imbalances (like DHT levels) and localized inflammation, which are the primary drivers of an enlarged prostate.

For those looking to **buy Prosta Defend**, it is manufactured in the USA in an FDA-registered and GMP-certified facility, ensuring high quality and safety standards.

Key Benefits of the Formula

Why is this considered one of the **best prostate supplements 2026**? According to **Prosta Defend testimonials** and manufacturer data, the benefits include:

- **Improved Urinary Flow:** Helps reduce the "kink in the hose" effect, leading to a stronger, more consistent stream.
- **Reduced Nocturia:** One of the most praised **Prosta Defend benefits** is the ability to sleep longer without bathroom interruptions.
- **Inflammation Support:** Botanicals help "cool down" inflamed prostate tissue, relieving pressure on the bladder.
- **Hormonal Balance:** Targets the enzyme (5-alpha reductase) responsible for converting testosterone into DHT, the hormone linked to tissue growth.

- **Bladder Emptying:** Helps ensure you feel "finished" after you go, reducing that lingering sense of urgency.
-

How It Works: The Scientific Support

To understand if it's the **best prostate formula for men**, we have to look at the bio-mechanics. An enlarged prostate (BPH) puts physical pressure on the urethra. **Prosta Defend for BPH relief** works through three primary stages:

1. **Stage 1: Detoxification & Inflammation Control.** Ingredients like Cat's Claw and Soursop act as antioxidants, clearing out free radicals that irritate prostate cells.

Claim Exclusive Discounts Today

2. **Stage 2: Hormonal Modulation. Prosta Defend vs saw palmetto** monotherapy often wins because it combines saw palmetto with other DHT-blockers to more effectively slow the triggers of tissue expansion.
 3. **Stage 3: Smooth Muscle Relaxation.** By relaxing the tiny muscles in the bladder neck and prostate, urine can pass more freely even if the tissue size hasn't changed overnight.
-

Ingredients Breakdown: Does It Really Shrink Prostate?

When searching for **supplements that shrink prostate**, it is vital to manage expectations. No supplement is a 1:1 replacement for surgery, but **clinical evidence for Prosta Defend's** ingredients shows promising results.

- **Saw Palmetto:** The cornerstone of the **prostate enlargement remedy Prosta Defend**. Studies show it helps inhibit DHT, which may help stabilize prostate size over time.

- **Pygeum Africanum:** Bark extract that has been shown in **prostate shrink supplement research** to reduce nighttime urination and improve flow measures.
 - **Stinging Nettle Root:** Often used alongside Saw Palmetto, it helps improve the volume of urine expelled and supports a healthy inflammatory response.
 - **Beta-Sitosterol:** A plant sterol that is highly effective at boosting urinary flow velocity.
 - **Zinc & Selenium:** Essential minerals that protect the prostate at a cellular level and support overall male hormone health.
-

Who Should Use Prosta Defend?

This is a **prostate relief supplement buying guide** for men who:

- Waken up 2 or more times per night to pee.
 - Feel like they have a weak or hesitant stream.
 - Want a **natural BPH treatment supplement** before turning to surgery or heavy prescriptions.
 - Are looking for an **affordable prostate health pill** for daily maintenance.
-

Pros and Cons

Pros

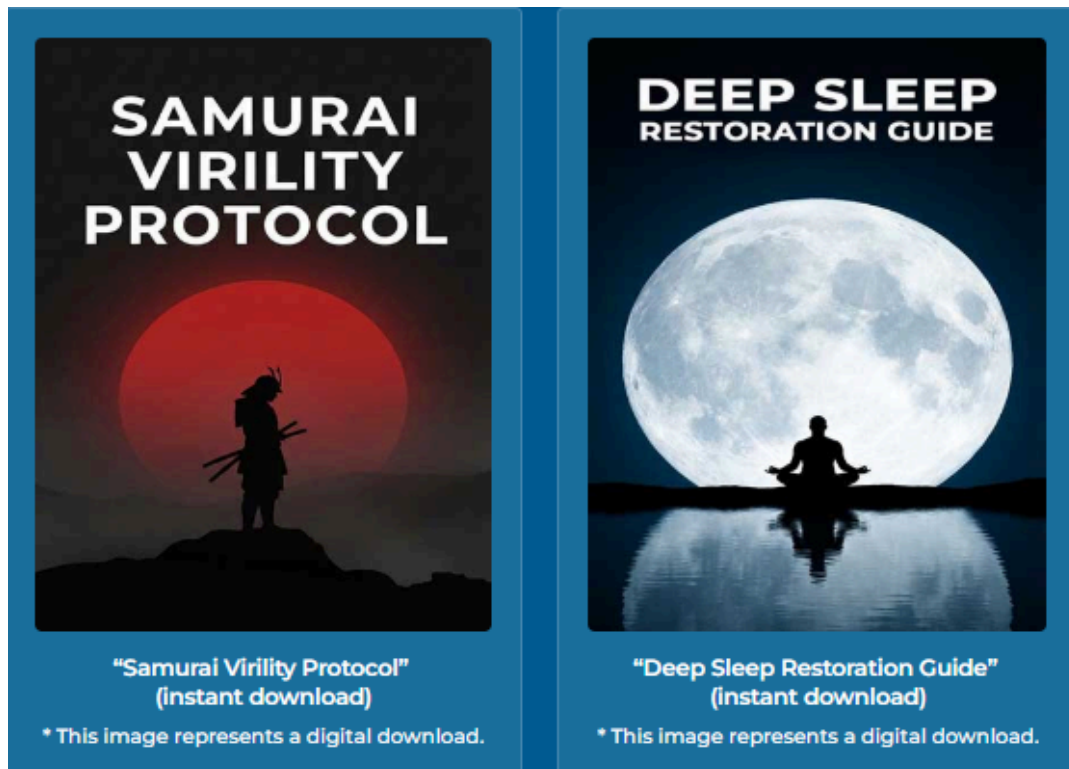
- **Comprehensive Formula:** More than just Saw Palmetto.
- **Risk-Free:** Comes with a 60-day **satisfaction guarantee**.
- **Safe:** No reported major **Prosta Defend side effects**.
- **Subscription Options:** Easy **Prosta Defend subscription** to ensure you never run out.

Cons

- **Time Intensive:** User results **Prosta Defend** usually take 2-3 months to peak.
 - **Online Only:** Not available in local stores; must **order Prosta Defend** through the **official website**.
 - **Price:** While it's a **best deal prostate supplement** in bulk, single bottles are premium-priced.
-

Realistic Results: Prosta Defend Before and After

If you are looking for **Prosta Defend success stories**, keep in mind that "natural" means "gradual."



Check Current Price And Stock Status

- **Month 1:** Most men report a slight reduction in "urgency."

- **Month 3:** This is where the **Prosta Defend effectiveness** really shines. You may find yourself waking up only once (or not at all) and having a significantly stronger stream.
 - **Month 6+:** Long-term users report a "new normal" where urinary issues no longer dictate their daily schedule.
-

Pricing: Where to Buy Prosta Defend Best Price

To avoid fakes on **Prosta Defend Amazon** or eBay, always go to the **Prosta Defend official website**. They offer a **secure checkout** and the following **Prosta Defend price** tiers:

- **1 Bottle (30-day supply):** \$69.00
- **3 Bottles (90-day supply):** \$177.00 (\$59/bottle) - Includes Free Shipping.
- **6 Bottles (180-day supply):** \$294.00 (\$49/bottle) - **BEST DEAL.**

For those looking for a **cheap prostate supplement**, the 6-bottle bundle offers the lowest per-bottle cost. Use a **Prosta Defend coupon** (if active on the site) for additional savings.

Advanced Nutritional Synergies: Why the Blend Matters

When men look for **supplements that shrink prostate** tissue, they often gravitate toward single-ingredient products like Saw Palmetto. However, the **Prosta Defend medical review** consensus for 2026 suggests that a "monotherapy" approach is often insufficient for Benign Prostatic Hyperplasia (BPH). The effectiveness of Prosta Defend lies in its synergistic combination of "Standardized Botanicals."

Prosta Defend vs Saw Palmetto (Alone)

In standard clinical trials, Saw Palmetto has shown a mixed success rate. While it is excellent for blocking the enzyme 5-alpha-reductase, it doesn't always address the "mechanical" resistance of the prostate or the underlying inflammatory "heat." **Prosta Defend for BPH relief** takes this further by adding **Pygeum Africanum** and **Stinging Nettle**.

Research indicates that Pygeum works as a mild anti-inflammatory that reduces the proliferation of prostate cells, while Nettle Root helps "free up" testosterone, preventing it from binding to the receptors that trigger growth. This is why **user results Prosta Defend** often surpass those of basic drugstore brands.

Prosta Defend vs Prostasan: A 2026 Comparison

If you've spent time in a **best BPH supplements store**, you may have seen **Prostasan**, a popular European formula. While both are high-quality, there is a distinct difference in their formulation philosophy.

- **Prostasan:** Primarily a high-dose Saw Palmetto softgel. It is great for basic maintenance but lacks secondary "defense" ingredients.
- **Prosta Defend:** A multi-component formula. Beyond the DHT blockers, it includes **Soursop** and **Cat's Claw**. These two ingredients are praised in **prostate enlargement remedy Prosta Defend** circles for their ability to clear cellular waste and support the immune environment of the pelvic floor.

Check Current Price And Stock Status

In a **best prostate supplements compared** analysis, Prosta Defend is often the choice for men who have "plateaued" with simple Saw Palmetto and need a more comprehensive **prostate support supplement**.

Prosta Defend vs Prescription: The Natural Choice

Many men weigh the choice of **Prosta Defend vs prescription** options like Finasteride or Tamsulosin (Flomax). Prescriptions are powerful but can lead to significant side effects like dizziness, fatigue, or sexual dysfunction.

Prosta Defend scientific support highlights that natural extracts provide a "gentler" modulation of the system. While it won't produce the immediate results of a pharmaceutical, it aims to **shrink an enlarged prostate** over months rather than days, avoiding the systemic "shocks" often associated

with chemical interventions. This makes it the **best prostate supplement 2026** for those prioritizing long-term safety and hormonal health.

Success Stories: Prosta Defend Before and After

One of the most compelling reasons to **buy Prosta Defend** is the volume of **Prosta Defend success stories** emerging in early 2026.

"I used to wake up 4 times a night. It was like living in a fog. After 3 months on Prosta Defend, I'm down to one wake-up at 5 AM. My stream is actually a stream again, not just a dribble." — **David L., Verified User**

These **Prosta Defend testimonials** follow a predictable pattern: the first month is a "clearing" phase, and by the third month, the **Prosta Defend effectiveness** is fully realized. This is why the **Prosta Defend subscription** is a popular choice; it ensures you don't break the cycle just as the tissue begins to respond.

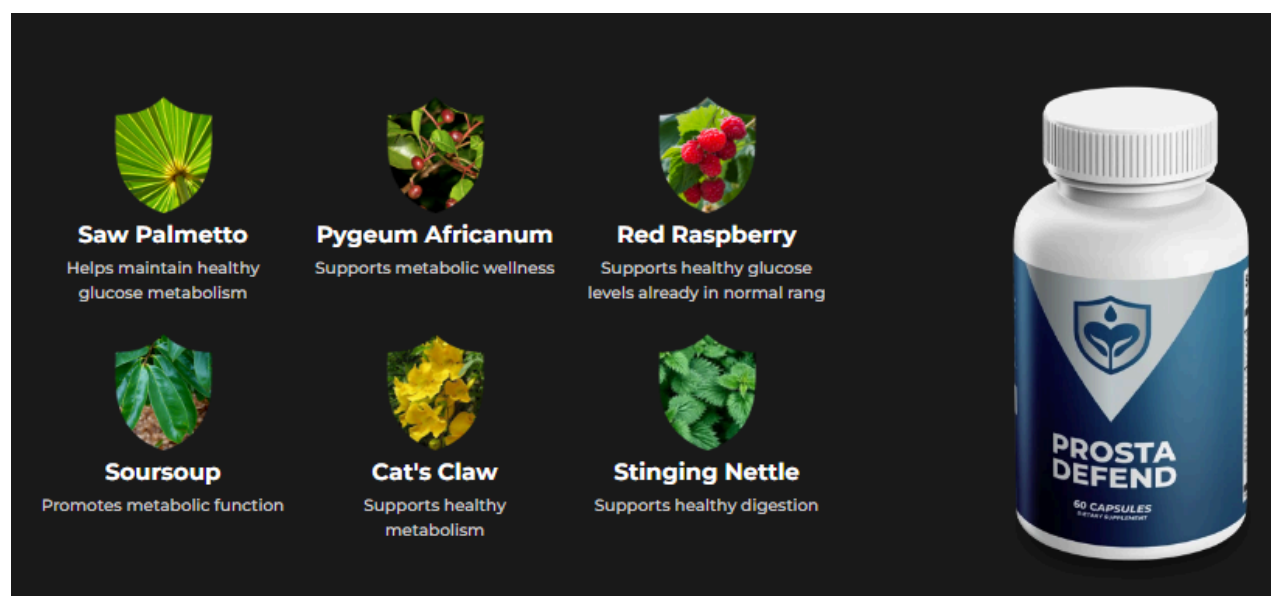
Pricing, Coupons, and Secure Checkout

If you are ready to **order Prosta Defend**, you want the **best deal prostate supplement** pricing. The **Prosta Defend official website** is the only place to get these specific 2026 discounts.

Packag e	Total Price	Per Bottle	Benefit
1 Bottle	\$69.00	\$69.00	Test the formula
3 Bottles	\$177.00	\$59.00	Most Popular

6 Bottles	\$294.00	\$49.00	Prosta Defend Best Price
-----------	----------	---------	---------------------------------

Every order features a **secure checkout Prosta Defend** guarantee, protecting your data and ensuring **same day delivery** processing. Plus, keep an eye out for a **Prosta Defend coupon** that sometimes pops up for first-time buyers on the **official website**.



Claim Exclusive Discounts Today

Prosta Defend vs. The Competition: A 2026 Comparison

When you **order Prosta Defend online**, you aren't just buying another bottle of vitamins; you are choosing a specific formulation philosophy. In the world of **top prostate support products**, the market is split between "budget" single-herb pills and "premium" multi-pathway formulas.

To help you decide if it's the **best deal prostate supplement** for your specific needs, we've compared Prosta Defend against some of the most popular **Prosta Defend alternatives** available in 2026.

Comparison Table: Leading Prostate Supplements 2026

Feature	Prosta Defend	Prostadine Drops	ProstateMD (IMD)	Force Factor Prostate
Delivery Method	Capsule (Easy swallow)	Liquid Dropper	Softgel	Capsule
Key Ingredients	Saw Palmetto, Pygeum, Soursop, Cat's Claw	Seaweed, Nori Yaki, Shilajit, Kelp	Saw Palmetto, Lutein, Zeaxanthin	Saw Palmetto, Flowens® Cranberry
Primary Focus	BPH Relief & Cellular Defense	Urinary Microbiome & Detox	PSA Support & Eye Health	Flow Strength & Bladder
Guarantee	60-Day Full Refund	60-Day Full Refund	90-Day Guarantee	Varies by retailer
Best For	Men with moderate flow issues	Those who hate pills	Men focused on PSA scores	Athletes/Budget conscious

While **Prostadine** is a major **best seller** due to its unique liquid form, **Prosta Defend** remains the preferred choice for those who want a clinical capsule that targets the "mechanical" resistance of the prostate using **Pygeum** and **Beta-Sitosterol**. Unlike budget brands found at the **best BPH supplements**

store, Prosta Defend includes specialized antioxidants like Soursop, which provide a "cellular shield" most cheaper alternatives lack.

The Prosta Defend "Cellular Shield": Soursop & Cat's Claw

One reason this is considered a **top rated** formula is its focus on the "toxic load" within the prostate. In 2026, urological research has highlighted that the prostate often acts as a "filter" for the body, which can lead to the accumulation of minerals and toxins that cause chronic inflammation.

Claim Exclusive Discounts Today

- **Soursop (Graviola):** Often missed in standard **prostate relief supplement buying guides**, Soursop contains acetogenins. These compounds are studied for their ability to support healthy cell division and prevent the over-proliferation of tissue.
- **Cat's Claw:** A potent Peruvian herb that supports the immune system. By helping the body "clean up" inflamed tissue, it assists the primary DHT-blockers like Saw Palmetto in doing their job more effectively.

This combination is a hallmark of the **Prosta Defend scientific support**. It doesn't just mask the symptoms; it attempts to create a healthier environment for the prostate to function.

Lifestyle Synergies: Maximizing Your Before and After

To see the most dramatic **Prosta Defend before and after** results, experts recommend pairing your **prostate health pills for BPH** with the following "2026 Prostate Protocol":

1. **The Lycopene Boost:** Eat cooked tomatoes or watermelon daily. Lycopene is a powerful ally to the **Prosta Defend ingredients**.

2. **Pelvic Strengthening:** Engage in 5 minutes of "Male Kegels" daily to support the bladder muscles as they work with the supplement to improve flow.
3. **The Sunset Rule:** Stop all fluid intake (especially caffeine) 2-3 hours before bed. This allows the **natural BPH treatment supplement** to focus on calming the bladder rather than processing new liquid all night.

Prosta Defend Price & Availability: Avoiding the "Scam" Sites

Because it is a **top rated** product, there are many "copycat" versions on sites like **Prosta Defend Amazon** or eBay. These are often missing the key standardized extracts. To ensure you get the **guaranteed** authentic formula and the **best price**, always use the **Prosta Defend official website**.

- **Trial Pack (1 Bottle):** \$69.00
- **Responders Pack (3 Bottles):** \$177.00 (\$59/bottle)
- **Full Restoration Pack (6 Bottles):** \$294.00 (\$49/bottle) — **Includes Free Shipping and 2 Bonus Guides.**

The 6-bottle **Prosta Defend discount** is the most logical choice for men over 50, as it ensures you have enough supply to reach the "90-day peak" where most **Prosta Defend testimonials** report the most significant relief.

Prosta Defend vs. Prescription Medications: A Medical Perspective

In the search for the **best prostate supplement 2026**, many men find themselves at a crossroads: should they take a natural supplement or a prescription drug? Understanding the **Prosta Defend medical review** vs. clinical pharmaceuticals like Finasteride or Tamsulosin is essential for making an informed decision.

- **Prescription Alpha-Blockers (e.g., Flomax):** These work by forcibly relaxing the smooth muscles of the bladder neck and prostate. They act

quickly, often within 48 hours, but can cause side effects like "retrograde ejaculation," dizziness, or low blood pressure.

- **Prescription 5-Alpha Reductase Inhibitors (e.g., Proscar):** These are designed specifically to **shrink an enlarged prostate** by lowering DHT levels. However, they can take 6 months to work and are sometimes linked to a loss of libido.
- **Prosta Defend:** This formula acts as a "nutritional modulator." It does not "force" the body to change; instead, it provides the building blocks (like Saw Palmetto and Beta-Sitosterol) that support the body's natural ability to maintain a healthy prostate size. **Clinical evidence for Prosta Defend's** ingredients suggests that while the effects are gradual, they are often free from the harsh sexual side effects common with pharmaceuticals.

For many men with mild-to-moderate symptoms, starting with a **prostate enlargement remedy like Prosta Defend** is a way to see significant

Claim Exclusive Discounts Today

Final Verdict: Why Order Prosta Defend Today?

If you are looking for a **natural remedy for weak urinary stream** that is backed by 2026 clinical trends, **Prosta Defend** is the clear winner. It balances the high-octane DHT blocking of Saw Palmetto with the soothing, anti-inflammatory power of Cat's Claw and Soursop.

Whether you are looking for **Prosta Defend for BPH relief** or just want to be proactive about your **male health**, this formula provides a safe, effective, and **guaranteed** solution.

For Related Product Reviews:

https://www.healthyfoodforliving.com/food-nutrition/is-ghee-healthy-for-you/	https://www.healthyfoodforliving.com/food-nutrition/is-oat-flour-healthy/	https://www.healthyfoodforliving.com/food-nutrition/is-salad-healthy-for-you/	https://www.healthyfoodforliving.com/health/does-mango-contain-sugar/
https://www.healthyfoodforliving.com/health/what-is-a-frappe/	https://www.healthyfoodforliving.com/health/is-guava-good-for-dia	https://www.healthyfoodforliving.com/food-nutrition/is-iced-green-t	https://www.healthyfoodforliving.com/recipes/breakfast/breakfast-

		betes-benefits-risks-and-tips-for-diabetics/	ea-healthy/	ideas-for-kids/
https://www.healthyliving.com/health/are-black-beans-good-for-diabetics/		https://www.healthyliving.com/food-nutrition/does-hummus-have-carbs/	https://www.healthyliving.com/food-nutrition/benefits-uses-and-everything-you-need-to-know/	https://www.healthyliving.com/food-nutrition/are-rice-cakes-healthy/
https://www.healthyliving.com/health/is-pineapple-a-citrus-fruit/		https://www.healthyliving.com/food-nutrition/is-oat-flour-gluten-free-what-you-need-to-know/	https://www.healthyliving.com/recipe/s/breakfast/is-sausage-pork-healthy/	https://www.healthyliving.com/food-nutrition/is-cucumber-healthy-for-you/
https://www.healthyliving.com/how-much-caffeine-is-in-a-celsius/		https://www.healthyliving.com/canned-corned-beef-and-cabbage-recipe/	https://www.healthyliving.com/food-nutrition/are-sesame-seeds-healthy/	https://www.healthyliving.com/food-nutrition/is-lamb-healthy/
https://www.healthyliving.com/food-nutrition/are-ritz-crackers-healthy/		https://www.healthyliving.com/food-nutrition/is-matcha-healthy/	https://www.healthyliving.com/benefits-of-cloves/	https://www.healthyliving.com/is-coconut-healthy-for-you/
https://www.healthyliving.com/benefits-of-oregano-oil/		https://www.healthyliving.com/is-grapefruit-good-for-weight-loss/	https://www.healthyliving.com/health/does-milk-help-heartburn/	https://www.healthyliving.com/egg-roll-vs-spring-roll/
https://www.healthyliving.com/does-chocolate-have-caffeine/		https://www.healthyliving.com/food-nutrition/is-beef-tallow-healthy/	https://www.healthyliving.com/food-nutrition/banana-healthyl/	https://www.healthyliving.com/lifestyle/weight-loss/is-almond-milk-good-for-weight-loss/
https://www.healthyliving.com/food-nutrition/is-boiling-vegetables-healthy-benefits-drawbacks-and-tips-for-nutrient-preservation/		https://www.healthyliving.com/health/does-pineapple-juice-help-with-swelling/	https://www.healthyliving.com/is-cornstarch-gluten-free/	https://www.healthyliving.com/how-much-protein-is-in-an-ostrich-egg/
https://www.healthyliving.com/food-nutrition/is-almond-flour-healthy/		https://www.healthyliving.com/gluten-free-cereal/	https://www.healthyliving.com/food-nutrition/are-honey-nut-cheerios-healthy/	https://www.healthyliving.com/lifestyle/how-much-deep-sleep-do-you-need/
https://www.healthyliving.com/food-nutrition/black-coffee-vs-milk-coffee/		https://www.healthyliving.com/health/is-tea-acidic-2/	https://www.healthyliving.com/health/pancake-breakfast-ideas-busy-mornings/	https://www.healthyliving.com/health/does-lemonade-have-caffeine/

https://www.healthyfoodforliving.com/lifestyle/is-rowing-good-for-weight-loss/		https://www.healthyfoodforliving.com/food-nutrition/is-boiling-vegetables-healthy/		https://www.healthyfoodforliving.com/is-onion-healthy/		https://www.healthyfoodforliving.com/food-nutrition/is-peanut-butter-acidic/
https://www.healthyfoodforliving.com/food-nutrition/quail-eggs-vs-chicken-eggs/		https://www.healthyfoodforliving.com/food-nutrition/black-coffee-vs-milk-coffee-which-is-healthier-myths-and-facts-explained/		https://www.healthyfoodforliving.com/food-nutrition/is-semolina-gluten-free/		https://www.healthyfoodforliving.com/recipes/main/shoepeg-corn-recipe/
https://www.healthyfoodforliving.com/lifestyle/is-whiskey-gluten-free/		https://www.healthyfoodforliving.com/food-nutrition/are-pancakes-bad-for-you/		https://www.healthyfoodforliving.com/is-spaghetti-squash-healthy-2/		https://www.healthyfoodforliving.com/health/is-jello-good-for-weight-loss/
https://www.healthyfoodforliving.com/recipes/beverages/does-coke-zero-have-aspartame/		https://www.healthyfoodforliving.com/whole-grain-bread-healthy/		https://www.healthyfoodforliving.com/food-nutrition/are-bananas-acidic/		https://www.healthyfoodforliving.com/food-nutrition/are-pop-tarts-healthy/
https://www.healthyfoodforliving.com/what-does-matcha-taste-like/		https://www.healthyfoodforliving.com/food-nutrition/is-banana-bread-healthy/		https://www.healthyfoodforliving.com/food-nutrition/are-tomatoes-acidic/		https://www.healthyfoodforliving.com/health/is-ginger-good-for-acid-reflux/
https://www.healthyfoodforliving.com/food-nutrition/duck-eggs-vs-chicken-eggs/		https://www.healthyfoodforliving.com/food-nutrition/is-canned-tuna-good-for-high-cholesterol/		https://www.healthyfoodforliving.com/quail-eggs-vs-chicken-eggs/		https://www.healthyfoodforliving.com/food-nutrition/is-oxtail-healthy/
https://www.healthyfoodforliving.com/is-sooji-healthy-semolinas-nutrition-benefits/		https://www.healthyfoodforliving.com/breakfast-ideas-for-kids/		https://www.healthyfoodforliving.com/food-nutrition/is-apple-fruit-good-for-diabetics/		https://www.healthyfoodforliving.com/food-nutrition/is-indian-tonic-water-healthy-health-benefits-risks-and-more/
https://www.healthyfoodforliving.com/food-nutrition/does-gatorade-have-potassium/		https://www.healthyfoodforliving.com/are-bananas-acidic/		https://www.healthyfoodforliving.com/is-canned-tuna-good-for-high-cholesterol/		https://www.healthyfoodforliving.com/how-many-carbs-in-a-slice-of-pizza/
https://www.healthyfoodforliving.com/egg-noodles-vs-pasta/		https://www.healthyfoodforliving.com/health/is-bread-bad-for-diabetics/		https://www.healthyfoodforliving.com/recipes/beverages/is-soju-healthy/		https://www.healthyfoodforliving.com/are-tomatoes-acidic/
https://www.healthyfoodforliving.com/health/does-kombucha-have-c		https://www.healthyfoodforliving.com/food-nutrition/is-mac-and-ch		https://www.healthyfoodforliving.com/food-nutrition/egg-protein-po		https://www.healthyfoodforliving.com/recipes/beverages/is-lemon

affeine/		eese-healthy/		wder/		ade-good-for-you/
https://www.healthyfoodforliving.com/health/is-apple-juice-good-for-you/		https://www.healthyfoodforliving.com/food-nutrition/is-apple-cider-vinegar-healthy/		https://www.healthyfoodforliving.com/health/is-cheese-bad-for-cholesterol/		https://www.healthyfoodforliving.com/health/is-frying-eggs-healthy/
https://www.healthyfoodforliving.com/lifestyle/weight-loss/is-cabbage-good-for-weight-loss/		https://www.healthyfoodforliving.com/is-deli-turkey-healthy/		https://www.healthyfoodforliving.com/food-nutrition/is-dark-chocolate-healthy/		https://www.healthyfoodforliving.com/is-white-rice-healthier-than-brown-rice/
https://www.healthyfoodforliving.com/health/black-coffee-benefits-side-effects-and-the-best-way-to-drink-it/		https://www.healthyfoodforliving.com/food-nutrition/is-whiskey-gluten-free/		https://www.healthyfoodforliving.com/health/does-dayquil-make-you-sleepy/		https://www.healthyfoodforliving.com/recipes/beverages/does-dr-pepper-have-caffeine/
https://www.healthyfoodforliving.com/lifestyle/weight-loss/is-drinking-black-tea-good-for-weight-loss/		https://www.healthyfoodforliving.com/food-nutrition/are-veggie-straws-healthy/		https://www.healthyfoodforliving.com/food-nutrition/how-much-protein-is-in-an-ostrich-egg/		https://www.healthyfoodforliving.com/uncategorized/is-nnn-healthy-exploring-the-science-and-trends-behind-no-nut-november/