





## PC SPES - Ingredients

English Name	Scientific Name	Chinese Name
Mum	<i>Dendranthema morifolium Tzvel</i>	Chu-hua
Dyer's Woad	<i>Isatis indigotica Fort</i>	Ta-ching-ye
Chinese Licorice	<i>Glycyrrhiza uralensis Fisch</i>	Gan-zao
Reishi	<i>Ganoderma lucidum Karst</i>	Ling-zhi
San-Qi Ginseng	<i>Panax notoginseng Burk</i>	San-chi
Rabdosia	<i>Rabdosia rubescens Hara</i>	Don-ling-cao
Saw Palmetto	<i>Serenoa repens Small</i>	Ju-Zhong
Baikal Skullcap	<i>Scutellaria baicalensis Georgi</i>	Huang-chin

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English Name	Scientific Name	Chinese Name
Pyrola	<i>Pyrola rotundifolia</i> L	Lu-ti-caio
Agrimony	<i>Agrimonia pilosa</i> Ledeb	Xian-he-caio
Corydalis	<i>Corydalis yanhusuo</i> W.T. Wang	Yan-hu-shuo
Reishi	<i>Ganoderma lucidum</i> Karst	Ling-zhi
Rubescens	<i>Rabdosia rubescens</i> Hara	Dong-ling-caio
Stephania	<i>Stephania delavayi</i> Diels	Di-bu-long
Stephania	<i>Stephania sinica</i> Diels	Hua-jian-jin-teng
Lycoris	<i>Lycoris radiata</i> Herb	Shi-suan
Patrinia	<i>Patrinia heterophylla</i> Bunge	Mou-hui-tou
Oriental Ginseng	<i>Panax ginseng</i> C.A. Meyer	Jen-sheng
Pollen	<i>Pollen</i>	Hua-feng
Prickly-Ash	<i>Zanthoxylum nitidum</i> DC	Liang-mian-zhen
Chinese Licorice	<i>Glycyrrhiza uralensis</i> Fisch	Gan-zao
Cervus	<i>Cervus nippon</i> Temmiinck	Lu-jung
Broomrape	<i>Cistanche deserticola</i> Y.C. Ma	Cheng-min chou

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## **PC Spes: A Guide to Published Scientific Papers and Abstracts**

**The Effect of the Herbal Supplement PC Spes on Bone Mineral Density in Men with Prostate Cancer.** *RW Ross, S Kussmaul, EJ Small. University of California, San Francisco, San Francisco, CA. Abstract #2355, Published in the ASCO 2001 Proceedings.*

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**State-of-the-Art Prostate Cancer Treatment and Research. A Report from the Cancer Institute of New Jersey.** *RS DiPaola, P Kumar, WN Hait, RE Weiss. Dept of Medicine, Cancer Institute of New Jersey, UMDNJ/Robert Wood Johnson Medical School. N J Med 2001 Feb;98(2): 23-33. Review.*

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**Activity of the Herbal Combination, PC Spes, in the Treatment of Patients with Androgen-Independent Prostate Cancer.** *WK Oh, DJ George, K Hackmann, J Manola, PW Kantoff. Lank Center for Genitourinary Oncology, Department of Adult Oncology, Dana-Farber Cancer Institute and Harvard Medical School, Boston, MA. Urology 2001 Jan; 57(1):122-6.*

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**Chinese Herbal Mixture PC Spes in Treatment of Prostate Cancer (Review).** *Z Darzynkiewicz<sup>1</sup>, F Traganos<sup>1</sup>, JM Wu<sup>1,2</sup>, S Chen<sup>1,3</sup>. <sup>1</sup>Brander Cancer Research Institute; <sup>2</sup>Department of Biochemistry and Molecular Biology at New York Medical College, Valhalla, NY; <sup>3</sup>NovaSpes Research Labs, Hawthorne, NY. Intl J Oncol 2000 Oct;17(4):729-736.*

**US Too PC Spes Surveys: Review of Studies and Update of Previous Survey Results.** *H. Porterfield. Molecular Urology, Vol 4, No 3, 2000: 289-291.*

**Modulation of bcl-2 and Cytotoxicity by Licochalcone-A, a Novel Estrogenic Flavonoid.** *MM Rafi, RT Rosen, A Vassil, CT Ho, H Zhang, G Ghai, G Lambert, RS DiPaola. UMDNJ-Robert Wood Johnson Medical School, Department of Medicine, USA. Anticancer Res 2000 Jul-Aug;20(4):2653-8.*

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**PC Spes: A Unique Inhibitor of Proliferation of Prostate Cancer Cells in Vitro and In Vivo.** Tetsuya Kubota<sup>1</sup>, Junichi Hisatake<sup>1</sup>, Yasuko Hisatake<sup>1</sup>, Jonathon W. Said<sup>2</sup>, Sophie S. Chen<sup>3</sup>, Stuart Holden<sup>4</sup>, Hirokuni Taguchi<sup>5</sup>, and H. Phillip Koeffler<sup>1</sup>. <sup>1</sup>Division of Hematology/Oncology, Cedars-Sinai Research Institute, UCLA School of Medicine, Los Angeles, CA; <sup>2</sup>Division of Pathology, Cedars-Sinai Research Institute, UCLA School of Medicine, Los Angeles, CA; <sup>3</sup>Department of Medicine, New York Medical College, Valhalla, NY; <sup>4</sup>Department of Surgery, Cedars-Sinai Research Institute, UCLA School of Medicine, Los Angeles, CA; <sup>5</sup>Department of Medicine, Kochi Medical School, Kochi, Japan. *The Prostate* 42:163-171, 2000.

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**Clinical and Biologic Activity of an Estrogenic Herbal Combination (PC Spes) in Prostate Cancer.** RS DiPaola<sup>1,4</sup>, H Zhang<sup>2,5</sup>, GH Lambert<sup>2,4,5</sup>, R. Meeker<sup>4,5</sup>, E Licitra<sup>1,4</sup>, MM Rafi<sup>1,4</sup>, BT Zhu<sup>1,4,5</sup>, H Spaulding<sup>1,4</sup>, S Goodin<sup>1,4</sup>, MB Toledano<sup>5</sup>, WN Hait<sup>1,3,4</sup>, MA Gallo<sup>1,4,5</sup>. *Departments of <sup>1</sup>Medicine, <sup>2</sup>Pediatrics, and <sup>3</sup>Pharmacology at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School, New Brunswick; <sup>4</sup>Cancer Institute of New Jersey, New Brunswick; and the <sup>5</sup>Environmental and Occupational Health Sciences Institute, Piscataway, NJ. New England Journal of Medicine, Vol 339, No. 12, September 17, 1998, 785-791*

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**Regulation of Androgen Receptor (AR) and Prostate Specific Antigen (PSA) Expression in the Androgen-Responsive Human Prostate LNCaP Cells by Ethanolic Extracts of the Chinese Herbal Preparation, PC-Spes.** Tze-chen Hsieh<sup>a</sup>, Sophie S. Chen<sup>b</sup>, Xuhui Wang<sup>b</sup>, and Joseph M. Wu<sup>a</sup>. <sup>a</sup>*Department of Biochemistry & Molecular Biology, New York Medical College, Valhalla, NY;* <sup>b</sup>*International Medical Research, Inc., Brea, CA.* *Biochemistry and Molecular Biology International, Vol 42, No. 3, July 1997, 535-544.*

**Apoptosis and Cell Cycle Effects Induced by Extracts of the Chinese Herbal Preparation PC Spes.** H. D. Halicka, B. Ardelt, G. Juan, A. Mittelman, S. Chen, F. Traganos and Z. Darzynkiewicz. *The Cancer Research Institute, New York Medical College, Valhalla, NY; Salman A. Arlin Cancer Institute, Valhalla, NY; International Medical Research, Inc., Brea, CA. International Journal of Oncology 11: 437-448. 1997.*