

Saw Palmetto 160 mg

• free of all common allergens • softgels • standardized •

Overview

Saw Palmetto (*Serenoa serrulata*) is native to the West Indies and the Atlantic coast of North America. Native Americans and early American settlers used the berries to treat problems associated with the reproductive system, genitals and urinary tract. It has been widely used in Europe and Canada for years, and more recently in the United States. There is much research and documentation that supports the benefits of Saw Palmetto for prostate and the urinary tract. Nearly 50% of men over 50 will experience benign prostatic hyperplasia (BPH), an enlargement of the prostate. One in seven over this age will be diagnosed with prostate cancer. Saw Palmetto may be as effective in treating BPH as prescription medication. A clinical trial conducted in France reported that the number of times men had to urinate at night decreased by 45%, and urine flow rate increased by 50%. In another study, 1300 men that suffer from enlarged prostate were given Saw Palmetto extract for 12 weeks, the participants noted the following: 1) less nighttime urination 2) increased urine flow and volume. In addition, an analysis paper on the clinical trials of Saw Palmetto published by the *Journal of the American Medical Association (JAMA)* found that men given saw palmetto were twice as likely to report an improvement in symptoms than those given a placebo. Plant part used is the berry, and the active constituents are free fatty acids and sterols that are standardized to 85-95%.

*Research Indicates

- May support healthy prostate function
- May improve body strength
- May be beneficial for both sexes in supporting healthy hormonal balance
- May support healthy immune function
- May increase libido

Dosage

Typical daily dosage ranges from 160-320 mg of the standardized herb.

Cautions

⚡ If you have a hormone dependent illness, prostate problems or are pregnant or lactating consult a health care practitioner prior to using Saw Palmetto

**These statements have not been evaluated by the Food and Drug Administration*

This information is not intended to diagnose, treat, imply cure or prevention of any disease

Free of wheat, gluten, soy, corn, yeast, fish, egg, dairy and lactose. Contains no artificial colors, flavors or preservatives.	
Supplement Facts	
Serving Size 1 softgel	
Amount Per Serving	% Daily Value
Saw Palmetto (berry)	160mg *
85-95% fatty acids and sterols, 136mg-152mg	
**Daily Value not established	
Other ingredients: Olive oil, gelatin, glycerin, water.	
Directions: Take 1 softgel, two times daily with meals.	
Note: If you are pregnant or lactating, consult your health care practitioner before using this product. Keep out of reach of children. Store in a cool, dry place.	
† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.	