

# Saw Palmetto

100 capsules, Single herb, Stock No. 630-4

**S**aw Palmetto, a member of the palm family and native to the coastal areas of Florida and Texas, was an important food source for Native Americans. They used the plant's ground-up seeds as food and believed the fruits had special health benefits. Early English settlers used the plant's fanlike branches as brooms.

In herbology, it is used primarily to support glandular tissues (especially the prostate) and to balance the hormones.

## *Did you know?*

In Germany, saw palmetto is used in over-the-counter treatments for benign prostate enlargement.

Recently, researchers have begun investigating saw palmetto as a treatment for breast tenderness during menstruation and lactation as well as other women's problems, such as hair loss.

## *NSP Advantage*

100 capsules. Single herb.

*Ingredients:* 550 mg of the finest saw palmetto (*Serenoa repens*) berry.

Saw palmetto contains naturally-occurring amounts of chromium, iron, magnesium, manganese, niacin, phosphorus, potassium, riboflavin, selenium, thiamine, and zinc.

*Recommendation:* Take two capsules with a meal two or three times daily.

1. Mindell, Earl, *Earl Mindell's New Herb Bible*, Fireside, 2000, page 146.
2. *The Review of Natural Products*. Ed. Ara Dermarderosian. Facts and Comparisons Publishing Group. St. Louis, Missouri. 1998.
3. *The Green Book*. Woodland Publishing. Pleasant Grove, UT 1998.

## Features & Benefits

- Saw palmetto has been used traditionally in North American herbal medicines for over 200 years. Its primary use has been in treating disorders of the urinary tract.<sup>1</sup>
- Tones and strengthens the male reproductive system.
- Helps to relieve symptoms associated with benign prostate hypertrophy (BPH), or enlargement of the prostate, such as excessive or painful urination.
- Scientists have postulated that the mechanism by which saw palmetto helps alleviate symptoms

of BPH is by inhibiting the production of dihydrotestosterone (DHT), a form of testosterone that contributes to the enlargement of the prostate.

- May enhance sexual functioning and sexual desire.
- May increase male fertility.
- Provides an apparent estrogenic action, which may explain the herb's folk use for stimulating breast enlargement.