

Saw Palmetto Concentrate

60 soft gel capsules, Single herb, Stock No. 635-9

Often an herb is either referred to as a "female" or a "male" herb. Such is the case with saw palmetto. Whether it be saw palmetto or Korean ginseng (*Panax*) known as "male" herbs, or dong quai and black cohosh, known as "female" herbs, these herbs, and others in this category, are equally effective in treating a female's or a male's condition when appropriate.

Even though saw palmetto is best known these days for its ability to shrink an enlarged prostate gland in men, a century ago, this same herb was best known as a folk approach to breast enlargement. Some naturopath physicians and herbalists still continue to recommend it for this purpose.

Did you know?

Benign prostatic hypertrophy or hyperplasia (BPH) is considered to be caused by testosterone accumulating in the prostate. The testosterone is then converted to dihydrotestosterone (DHT), which causes the cells to multiply too quickly and leads to enlargement of the prostate. It is postulated that saw palmetto extract prevents testosterone from converting to dihydrotestosterone.

NSP Advantage

60 capsules. Dietary supplement.

Ingredients: Each capsule contains 160 mg of concentrated saw palmetto (*Serenoa repens*) extract standardized to a minimum 85% fatty acids and sterols, plus 142 mg of olive (*Olea europa*) oil as a carrier.

Recommendation: Take one capsule with a meal twice daily. Two capsules taken daily provides the equivalent of 320 mg of standardized saw palmetto extract. This is the amount shown to be an effective level in various clinical studies).

1. *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.¹
- 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.