



## Saw Palmetto

(Concentrate)

Stock #635-9 (60 capsules)

According to the *British Herbal Pharmacopoeia*, saw palmetto has traditionally been used for the treatment of chronic or subacute cystitis, sex hormone disorders, testicular atrophy, and especially for prostate enlargement.<sup>1</sup>

Standardized preparations of saw palmetto have shown remarkable results in the treatment of BPH (benign prostatic hyperplasia)—a condition affecting roughly 50% of men over 60, causing frequent and painful urination, increased nighttime urination, and other urinary problems. Saw palmetto alleviates the pain and inflammation associated with this condition, improving urinary flow rate and residual urine volume and providing an overall higher quality of life. Saw palmetto has demonstrated effectiveness in approximately 90% of mild to moderate cases, and is approved by both the German Commission E and the French government for the treatment of BPH.<sup>2-4</sup>

Saw palmetto reduces prostate size by inhibiting the conversion of testosterone into dihydrotestosterone (DHT) compounds, which causes the rapid multiplication of prostate cells that eventually leads to an enlarged gland. In more technical terms, saw palmetto inhibits the enzyme “testosterone-5-alpha-reductase” from transforming healthy testosterone hormones into unhealthy DHT. Saw palmetto also prevents DHT from attaching to prostate cell receptor sites. Furthermore, recent research indicates saw palmetto provides antiestrogenic activity, which facilitates the breakdown and subsequent excretion of DHT. This latter action is especially important since high levels of DHT have also been linked with an increased risk of prostate cancer.<sup>1,3-6</sup>

In 1984, a double-blind study conducted among 110 outpatients diagnosed with BPH was published in the *British Journal of Pharmacology*. Study results showed saw palmetto had a very significant effect on patient symptoms, and proved equally effective as the drug Proscar (finasteride), which is commonly prescribed for prostate problems. These findings were confirmed by additional studies published in *European Urology* and *The Prostate*.<sup>5,7-10</sup>

A recent study of 305 BPH patients, published in *Current Therapeutic Research*, found that after 90 days of supplementation with saw palmetto (160mg twice daily), an 88% success rate was achieved. Specific results included notable reductions in prostate size and significant improvements in urinary flow. Furthermore, follow-up evaluations with the patients' own physicians were equally favorable.<sup>3,11</sup>

Saw palmetto has also been shown *in-vivo* to provide immunostimulant and anti-inflammatory properties.<sup>1</sup>

Studies using standardized saw palmetto preparations have exhibited superior safety records and have found no known drug interactions. However, in light of its hormonal activities, saw palmetto may have an effect on the use of oral contraceptives and hormone replacement therapy, and should be avoided during pregnancy and lactation.<sup>1,3,12</sup>

Over twenty studies have confirmed the effectiveness of using a saw palmetto preparation, standardized to contain 85-95% fatty acids and sterols, at a dosage of 160mg twice daily. It is important to note that only by using a standardized saw palmetto formulation, can these results be attained.<sup>5,12</sup>

NSP's Saw Palmetto Concentrate is formulated according to approved clinical studies, providing 160mg of saw palmetto concentrate in each capsule, standardized to contain a minimum of 85% beta-sitosterols. The recommended dosage is two capsules daily.

### References:

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- <sup>2</sup>McCaleb, R. “Phytomedicines Outperform Synthetics In Treating Enlarged Prostate.” *HerbalGram*; 1997, 40: 16.
- <sup>3</sup>Brown ND, D. *Herbal Prescriptions for Better Health*. Rocklin, CA: Prima Publishing, 1996.
- <sup>4</sup>Murray ND, M. and Pizzorno ND, J. *Encyclopedia of Natural Medicine*. 2nd Ed. Rocklin, CA: Prima Publishing, 1998.
- <sup>5</sup>Murray, Michael T. *The Healing Power of Herbs*. Rocklin, CA: Prima Publishing, 1995.
- <sup>6</sup>DiSilverio, F., et al. “Evidence that *Serenoa repens* extract displays an antiestrogenic activity in prostatic tissue of benign prostatic hypertrophy patients.” *European Urology*; 1992, 21(4): 309-314.
- <sup>7</sup>Champlault, G. et al. “A double-blind trial of an extract of the plant *Serenoa repens* in benign prostatic hyperplasia.” *British Journal of*

*Clinical Pharmacology*; 1984, 18: 461-462.

<sup>8</sup>Foster, S. "Capsules-Newsbreaks in herb research: Prostate help." *Herbs For Health*; 1997, 2(3): 70-72.

<sup>9</sup>Carraro, J., et al. "Comparison of the Phytotherapy (Permixon) with Finasteride in the Treatment of Benign Prostate Hyperplasia: A Randomized International Study of 1,098 Patients." *The Prostate*; 1996, 29: 231-240.

<sup>10</sup>Strauch, G., et al. "Comparison of finasteride (Proscar) and Serenoa repens (Permixon) in the inhibition of 5-alpha reductase in healthy male volunteers." *European Urology*; 1994, 26(3): 247-252.

<sup>11</sup>Braeckman, J. "The extract of Serenoa repens in the treatment of benign prostatic hyperplasia: A multicenter open study." *Current Therapeutic Research*; 1994, 55, 776-785.

<sup>12</sup>Contreras MD, V. "Saw palmetto for enlarged prostate." *Health Counselor*; June/July 1997: 22-23.

Sample