

SAW PALMETTO

What is SAW PALMETTO?

Saw palmetto is a fan palm that can reach heights of 10 feet in warm climates. The plant bears flowers that develop olive-like berries that are used medicinally. Saw palmetto's active ingredients are fatty acids and plant sterols. The berries also contain high-molecular-weight polysaccharides, which are associated with anti-inflammatory and immune-stimulating effects. *

What are the benefits?

Studies show these berries reduce levels of substances our bodies use to make hormones such as testosterone and estrogen. Both men and women have testosterone and estrogen. For men, too much of the substance dihydrotestosterone (DHT) can cause a disorder called benign prostatic hyperplasia (BPH). In BPH, cells in the prostate gland grow too quickly. The gland swells and presses on the urethra, causing need for constant urination. Research concludes Saw palmetto could be as effective as a prescription drug known as finasteride in reducing DHT to slow or stop BPH progression, but will not shrink the size of the prostate. DHT may also play a role in male pattern baldness, therefore Saw palmetto may be an adjunct to stopping or slowing this progressive cycle due to its 5-alpha reductase inhibiting properties. 5-alpha reductase is the enzyme responsible for converting healthy testosterone into the bad form of testosterone known as DHT. The berries have also been used to increase libido in both men and women. Saw palmetto works synergistically with other DHT blockers such as gamma linolenic acid which is found most abundantly in borage oil. *

Supplement Recommendation:

For the most effective benefits always use a standardized full spectrum extract containing 85%-95% fatty acids and sterols that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule without fillers, binders or common allergens.

- **Helps promote healthy prostate function***
- **Helps inhibit BPH (benign prostatic hyperplasia) progression***
- **Inhibits the enzyme 5-alpha-reductase from converting healthy testosterone into bad testosterone known as DHT (dihydrotestosterone)***
- **Historically used to support a healthy and voluptuous bust line***
- **Increases libido***
- **May help to prevent male pattern baldness***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.