



# Saw Palmetto 320

## INTRODUCED 2005

### What Is It?

Saw Palmetto 320 provides fundamental time-tested support for healthy prostate and urinary function.\*

### Uses For Saw Palmetto 320

**Prostate Function:** Saw palmetto has been utilized for decades to support healthy prostate and urinary function. In countries like New Zealand, France, Germany, and Austria, this herb has been the gold standard for prostate support for many years. Its primary mode of action involves supporting healthy testosterone metabolism, in part by maintaining healthy 5-alpha-reductase enzyme activity and receptor binding. In a JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, results suggest that saw palmetto provides important urologic support by promoting healthy urinary function. In a three-year German study, saw palmetto extract promoted healthy urinary function in volunteers.\*

### What Is The Source?

Saw palmetto extract is produced using a supercritical CO<sub>2</sub> extraction process. It is derived from *Serenoa repens* fruit and standardized to contain 85% total fatty acids and 0.15% phytosterols.

### Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, between meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare side effects of saw palmetto include occasional gastrointestinal distress, nausea, vomiting, diarrhea, itching, and headache. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Saw palmetto may be contra-indicated with blood thinning medications. Saw palmetto is contra-indicated with oral contraceptive medications and estrogen replacement medications. Consult your physician for more information.

#### Saw Palmetto 320

each softgel capsule contains	6 sg
saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) .....	320 mg (standardized to contain 85% total fatty acids and 0.15% phytosterols)
other ingredients:	gelatin capsule
1-2 capsules per day, in divided doses, between meals.	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

