

# Saw Palmetto Plus

With nettle root extract; support for urinary function and prostate health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Prostate health and function support<sup>†</sup>
- Healthy urinary flow<sup>†</sup>

## BENEFITS

- Supports prostate health<sup>†</sup>
- Promotes healthy urinary flow<sup>†</sup>
- Maintains healthy hormone metabolism in prostate cells<sup>†</sup>
- Supports healthy enzyme activity<sup>†</sup>

## FEATURES

- Formulated with a combination of clinically tested extracts and vitamin E
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Saw palmetto has been used safely for decades to support proper prostate and urinary function. Its primary mode of action involves maintaining healthy testosterone metabolism and enzyme activities. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, saw palmetto promoted healthy urinary flow.<sup>1</sup>

*Pygeum africanum* demonstrated similar support in another related meta-analysis.<sup>2</sup> Research suggests that it may maintain healthy prostaglandin and prolactin metabolism in the prostate.<sup>3</sup> Pumpkin seed oil provides essential fatty acids and zinc, important for prostate health.<sup>4</sup> Nettle root, also known as stinging nettles or *Urtica dioica*, has indicated the ability to support healthy enzyme activity and maintain healthy hormone metabolism in prostate cells.<sup>5</sup> In a multicenter study examining the effect of nettle root extract in over 5,000 individuals, the extract supported prostate health in the majority of subjects.<sup>6†</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

## 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. It typically contains 0.15% phytosterols
- Pumpkin seed oil is derived from fresh pressed *Cucurbita pepo*
- *Pygeum africanum* extract (bark) is standardized to contain 12% total sterols. It is wild-crafted and sustainably harvested to protect the tree. *Pygeum* harvesting is watched over by CITES
- Nettle root is a 10:1 extract derived from *Urtica dioica* L. It typically contains 0.8% beta-sitosterol and 5% amino acids

## NOTES

Size 14 softgel capsules

Bottle counts 60, 120, 250

Order codes SP6, SP1, SP2

Bottle size 120 cc

## REFERENCES

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2. Ishani A, et al. *Am J Med*. 2000 Dec 1;109(8):654-64.
3. Breza J, et al. *Curr Med Res Opin*. 1998;14(3):127-39.
4. Hong H, et al. *Nutr Res Pract*. 2009 Winter;3(4):323-7.
5. Safarinejad MR. *J Herb Pharmacother*. 2005;5(4):1-11.
6. Lopatkin N, et al. *World J Urol*. 2005 Jun;23(2):139-46.

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## SUPPLEMENT FACTS

2 capsules, 1-2 times daily, between meals.

Two (size 14) softgel capsules contain:

Calories	20
Total fat	2 g
Vitamin E (as d-alpha tocopherol)	13 mg
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) (standardized to contain 85% total fatty acids)	320 mg
Pumpkin ( <i>Cucurbita pepo</i> ) oil (seed) (fresh pressed)	640 mg
Pygeum ( <i>Pygeum africanum</i> ) extract (bark)	40 mg
Nettle ( <i>Urtica dioica</i> ) extract (root)	400 mg

Other ingredients: gelatin capsule (gelatin, glycerin, purified water, carob), beeswax, sunflower lecithin

Not to be taken by pregnant or lactating women.



Saw Palmetto Plus	Quantity	Order Code
	250	SP2
	120	SP1
	60	SP6

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<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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