



Saw Palmetto Plus

INTRODUCED 2005

What Is It?

Saw Palmetto Plus provides a combination of well-researched natural extracts for supporting the health and function of the prostate gland.*

Uses For Saw Palmetto Plus

Prostate Function: 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 JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, saw palmetto promoted healthy urinary flow. *Pygeum africanum* demonstrated similar support in another related meta-analysis. Research suggests that it may maintain healthy prostaglandin and prolactin metabolism in the prostate. Pumpkin seed oil provides essential fatty acids and zinc, important for prostate health. 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. 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.*

What Is The Source?

Saw palmetto extract is produced using a supercritical CO₂ 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.

Recommendations

Pure Encapsulations recommends 2-4 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. Nettle has been associated with sweating and skin rash. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Saw palmetto and nettle may be contra-indicated with blood thinning medications. Saw palmetto is contra-indicated with oral contraceptive medications and estrogen replacement medications. Blood pressure or blood sugar monitoring may be required with nettle for individuals on anti-hypertensive or anti-diabetes medications. Consult your physician for more information.

Saw Palmetto Plus

each softgel capsule contains	14 sg
saw palmetto (<i>Serenoa repens</i>) extract	160 mg
(standardized to contain 85% total fatty acids)	
pumpkin seed oil (<i>Cucurbita pepo</i>) (fresh pressed)	320 mg
<i>Pygeum africanum</i> extract	20 mg
nettle root (<i>Urtica dioica</i> L.) extract	200 mg
other ingredients: gelatin capsule, carob (to darken capsules)	
2-4 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.

