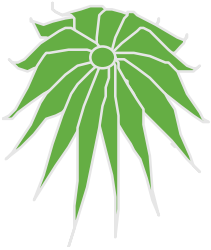


SAW PALMETTO

Saw Palmetto (*Serenoa repens*, *Sabal serrulata*) is also known by the common names Old Man's Friend, dwarf palmetto, fan palm and sabal. Saw Palmetto has traditionally been used by the Seminole Indians of Florida to treat genitor-urinary problems. This herb is prescribed by doctors in Germany more than any other for the treatment of prostate problems.

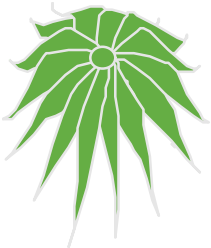


The Benefits of Saw Palmetto

Benign Prostatic Hyperplasia (BPH) – is a surprisingly common complaint in men over the age of 50 affecting approximately one in two men in this category. The problem affects the prostate gland, located just below the bladder in men, which tends to grow rather than shrink with age leading to a gradual blocking of the bladder with painful and unpleasant results. Saw Palmetto berries have been shown to be beneficial in this condition in about 90% of men rather than about 40% taking the pharmaceutical alternative.

Urinary Tract Infections - has been used to treat chronic urinary tract infections.

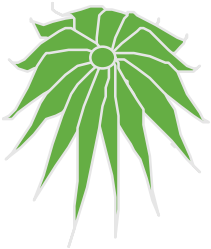
Reproductive Health - Saw Palmetto has been described as being useful in the increase of sperm production, the increase in breast size and an increase in sexual vigour.



Properties

Sitosterols - Dried saw palmetto berries contain high concentrations of sitosterols (plant steroids) including the very active beta-sitosterol which are thought to suppress the hormones responsible for the production of new prostate cells and also act as an anti-inflammatory.

Fatty Acids - Saw palmetto contains the fatty acids caproic, lauric and palmitic acid which in combination with the sterols reduce the amount of dihydrotestosterone in the prostate. These fatty acids also inhibit the inflammatory substances that contribute to BPH.



Contra-indications / Precautions

BPH can only be diagnosed by a physician and use of saw palmetto for this condition should only occur once other prostate problems such as prostate cancer have been ruled out and a proper diagnosis made. This herb should not be used by pregnant women because of its potential hormone effects.



Why Choose Natures Aid Saw Palmetto?

Each Natures Aid Saw Palmetto tablets contains an extract of saw palmetto berries equivalent to 500mg of raw berries.



SUITABLE FOR VEGETARIANS AND VEGANS

Natures Aid, St George's Park, Kirkham, PR4 2DQ

This information has been provided to inform and educate trade customers and professionals only. It is not intended for use to diagnose, treat or cure disease; nor to provide medical advice. If in doubt consult a qualified practitioner.

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