Doctor's BEST®

Science-Based Nutrition

Best Saw Palmetto Extract Softgel

Best Saw Palmetto Extract

60 SoftGel Capsules

Ingredients per capsule:

Saw Palmetto extract..... 320 mg

Excipients: none

Suggested Adult Use: Take one capsule three times daily with or without food.

Ingredients

Standardized Saw palmetto berry extract, guaranteed to contain 90 percent fatty acids and sterols.

Benefits

Effective Prostate Support

Saw palmetto extract is one of the world's leading herbal products for prostate support. Widely-cited clinical studies conducted over the last fifteen years have clearly established the ability of palmetto extract to produce major improvements in prostate-related urinary function. Saw Palmetto's key active ingredients help to normalize prostate gland structure.

Discussion

As men pass through and beyond middle age, hormonal changes occur which can impact the prostate gland. Levels of dihydrotestosterone (DHT), a normal metabolite of testosterone, increase. This, plus an increased binding of DHT to nuclear receptors in the prostate cell, results in growth of prostate tissue. This tissue growth takes place in the part of the prostate which surrounds the urethra, the tube for urine excretion. This can constrict the urethra, resulting in urinary disturbances.

Saw palmetto extract has been shown to inhibit 5 alpha-reductase, an enzyme that controls conversion of testosterone to DHT. Saw palmetto extract also blocks the binding of DHT to prostate cells. These mechanisms are believed to account for Saw palmetto extract's positive effect on prostate gland structure.

In clinical studies, Saw palmetto extract has produced measurable improvements in urinary functions and prostate size. Quality of life scores have also improved. The results with Saw palmetto extract have been duplicated in open trials and controlled, double-blind studies. Saw palmetto extract is safe and virtually free of side-effects.

Saw palmetto's effectiveness comes from its content of natural fatty acids and sterols. These include oleic acid, lauric acid, campasterol, stigmasterol, beta-sitosterol and others. The standard of quality for Saw palmetto extract products is a high concentration of fatty acids and sterols, equaling 90%.

The statements in this fact sheet have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific References

1. Braeckman, J., 'The extract of Serenoa repens in the treatment of benign prostatic hyperplasia: a multicenter open study,' Current Therapeutic Research 1994: 55(7):776-85.

Abstract

Because prostatic surgery is not the treatment of choice for most patients with benign prostatic hyperplasia (BPH), the therapeutic effect of a 160 mg, twice daily, oral dose of Serenoa repens extract was studied during a 3-month open trial in 505 patients with mild to moderate symptoms of BPH. The efficacy of the regimen was evaluated in 305 of these patients. Traditional parameters for quantifying prostatism, such as the International Prostate Symptom Score, the quality of life score, urinary flow rates, residual urinary volume, and prostate size, were found to be significantly improved after only 45 days of treatment. After 90 days of treatment, a majority of patients (88%) and treating physicians (88%) considered the therapy effective. In addition, the serum prostate-specific antigen concentration was not modified by the drug, thus limiting the risk of masking any possible development of prostate cancer during treatment. The incidence of side effects (5%) was low and compares favorably with that reported for existing therapies used in BPH patients. The extract of Serenoa repens appears to be an effective and well-tolerated pharmacologic agent in treating the mictional problems accompanying BPH.

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3. Tasca, A., et. al., 'Treatment of obstructive symptomatology caused by prostatic adenoma with an extract of Serenoa repens. Double-blind clinical study vs. placebo,' *Minerva Urologica e Nefrologica* 1985; 37:87-91.

4. Champault, G., Bonnard, A.M., Cauquil, J., Patel, J.C., 'Medical treatment of prostatic adenoma. A controlled test of PA 109 vs. placebo in 110 patients,' *Ann. Urol.* 1984; 18(6):407-410.

5. Crimi, A., Russo, A., 'The use of Serenoa repens extract in the treatment of functional disturbances caused by prostate hypertrophy,' *Med. Praxis* 1983; 4:47-51.

6. Sultan, C., et. al., 'Inhibition of androgen metabolism and binding of liposterolic extract of Serenoa repens B in human foreskin fibroblasts,' *J. Steroid Biochem.* 1984; 20(1):515-519.

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Revised 11/06

Best Saw Palmetto Extract contains pure Standardized Saw palmetto extract guaranteed to supply 85% to 95% fatty acids and beneficial plant sterols, which are the herb's key active ingredients. Extraction is done using carbon dioxide; the finished product is free of solvent residues.

Supports healthy function of the prostate gland and urinary tract.*

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Doctor's BEST®

Science-Based Nutrition™

Dietary Supplement

Best Saw Palmetto

Standardized Extract

SUPPORTS HEALTHY PROSTATE FUNCTION*

320mg / 60 Softgels

Supplement Facts

Serving Size 1 softgel
Servings per container 60 servings

Amount per serving	% Daily Value
Saw Palmetto berry extract 320 mg Fatty Acids Standardized to 288 mg	†

† Daily Value not established.

Other ingredients: Gelatin, glycerin, water.

Suggested Use: As an herbal supplement, take 1 softgel daily with or without food.

Not Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

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