# Saw Palmetto Berry 1:3

## *Perhaps the most researched, most effective herb for treating an enlarged prostate (BPH).*

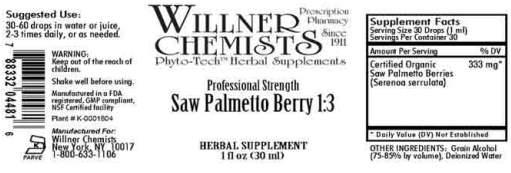
### Who might benefit from this herbal supplement?

Men with an enlarged prostate, or benign prostatic hyperplasia (BPH). Saw Palmetto is the well known herb for swollen or enlarged prostate, commonly called benign prostatic hyperplasia (BPH). Symptoms of BPH range from difficult urination, dull ache, impotence, difficulty maintaining an erection, waking to urinate, urgency to urinate and precancerous blood chemistry such as elevated PSA's. It is thought that Saw Palmetto inhibits dihydrotestosterone, the compound that causes prostate cells to multiply excessively.

Many herbalists consider Saw Palmetto to be a valuable male tonic to help maintain prostate health as men age. Prostate inflammation is common in men over 50, especially those with a diet high in animal products and trans fatty acids. Prostate cancer is the second most common cancer in men. Prostate cancer is the male equivalent to uterine and ovarian cancer in women. Some believe that chronic BPH is a precursor to prostate cancer in some men. Saw Palmetto can be used as a preventative mens' tonic herb to help avoid the swelling in the first place. If one has BPH already, Saw Palmetto can reduce the inflammation to normalize the prostate. Saw Palmetto is nontoxic and can be used long term.

Saw Palmeto contains several types of active compounds: sterols (such as beta-sitosterol), flavonoids (such as Isoquercitrin), water soluble polysaccharides, and fatty oils. This combination of botanicals exert antiandrogenic, antiestrogenic and antiinflammatory effects, all of which contribute to its action agains BPH. Ethanolic (alcohol) extracts contain all of the above. For this reason, many prefer a full spectrum extract. *Phyto-Tech™ Saw Palmetto Berry 1:3 contains Certified Organic Saw Palmetto Berries (Serenoa repens), Pure Grain Alcohol, Deionized Water. Each 30 drops contains 333 mg. Dosage: General preventative tonic: 30-60 drops, 2 times per day or as needed in juice or water; Stronger dose: 60-90 drops, 2-3 times per day in juice or water. Note: Phyto-Tech™ Saw Palmetto Berry 1:3 is a full spectrum hydroalcoholic liquid extract, not a "standardized" liposterolic extrract. It is not possible to make a direct dose comparison to "160 mg liposterolic extract." Clinical and traditional evidence, however, would suggest the recommended 60 drop dosage, above, is equivalent to the 160 ml liposterolic dose.*

## 1 fl oz, Prod Code: 57006

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