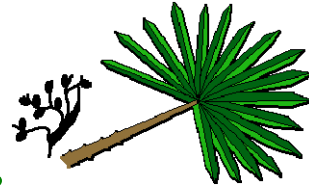


Saw Palmetto and BPH...



What Is Saw Palmetto?

Saw Palmetto is a plant extract that has been shown to improve symptoms of BPH (Benign Prostatic Hypertrophy). BPH is a condition that affects most men as they get older. It causes enlargement of the prostate which then can cause increased urination at night and a weak stream when urinating. The Saw Palmetto plant (*Serenoa repens*) is found naturally in Southeastern United States and is also called the American dwarf palm tree. Berries made by the palm have been used for centuries by Native Americans and more recently in Europe and the US to help men decrease urination at night and increase their urine flow.

Will It Help Me?

Many studies have been conducted on Saw Palmetto over the past 10 years. These tests have compared Saw Palmetto to medicines used to treat BPH (such as Proscar). These studies show that *most* men benefit from Saw Palmetto (similar results as seen with the prescription medication proscar). In fact, studies showed that on average, men used the bathroom at night 25% less often with the use of Saw Palmetto.

How Does It Work?

Saw Palmetto probably works in several different ways. One way is to decrease the level of hormones that cause the prostate to grow.

Is It Safe?

Saw Palmetto causes very few if any side effects. This is one of the reasons many men choose to use it. Saw Palmetto has not been shown to decrease sexual function or cause dizziness like some BPH medications. It does not affect blood tests like the PSA, which may be used to by your doctor to monitor your prostate. It is *always* important to tell your doctor you take Saw Palmetto as with any medication or herbal supplement. Before starting Saw Palmetto, it is best to talk to your doctor about BPH to be certain this is the actual cause of your symptoms.

Where Can I Buy It?

You do not need a prescription to buy Saw Palmetto. For this reason, it is not monitored by the government like other medications. Most stores carry more than one brand. For this reason it is important to choose one containing 85% or more fatty acids because these are the ingredients that have been shown to help BPH. Because brands may have different amounts of fatty acids, you could try switching brands after a couple of weeks if the first does not work. Some brands have been looked at for their ingredients and the results can be found at the website www.consumerlab.com. The US National Formulary Standards also reviews Saw Palmetto and an NF label on the package may help in selecting a good brand.

How Much Does It Cost?

The price of Saw Palmetto varies by brand. Studies have shown that more expensive brands do *not* work better than cheaper brands. The normal dose is 160mg two times per day. This dose costs between \$4 and \$17 per month, much less than many other prostate medications.

