
SAW PALMETTO COMPLEX

Saw Palmetto Complex softgels contain a unique blend of traditional herbs, and were developed by scientists at the Forrest C. Shaklee Research Center in Hayward, CA. This product is beneficial for men over the age of 40 because it can help them maintain proper urinary flow and prostate gland health.

The prostate is a gland that only men have, and is located just below the bladder. It surrounds the urethra, the tube through which urine flows in order to be eliminated from the body. As men grow older, the prostate usually enlarges. This compresses the urethra and slows the flow of urine. The condition of an enlarged prostate is known as benign prostate hyperplasia (BPH). Its symptoms include incomplete emptying of the bladder, which leads to frequent urination both during the day and at night. It also leads to a sense of urgency of urination and, in severe cases, complete blockage of urinary flow. **Saw Palmetto Complex** can often help men with this condition.*

Saw Palmetto Complex has been formulated using three herbal ingredients: saw palmetto extract, pumpkin seed oil, and beta-sitosterol. Each of these has been linked to prostate health.

The first ingredient is the product's namesake: *saw palmetto*. This is the common name for an herb known as *Serenoa repens*, a small palm tree that grows only in the Southeastern United States. Native inhabitants of Florida traditionally used saw palmetto to treat certain male bladder, urethra, and prostate problems. In fact, in the 1890s, medical journals were touting saw palmetto's effectiveness in treating problems associated with enlarged prostate.

Scientists conducted research to identify active ingredients and quickly recognized that it was an oil-soluble component of saw palmetto berries that was of benefit to men suffering from symptoms of BPH. Quite a number of fatty acids and plant sterols are found in saw palmetto berry extract. It's still not known whether one or more of these ingredients provide the benefits, but evidence today points to the importance of plant sterols such as beta-sitosterol (more about this later).

The demand for saw palmetto berries has created a very tight world supply. Many brands on the market today try to reduce costs by using only saw palmetto powder. But Shaklee uses the highest potency, premium-grade extract available: a 12:1 extract standardized to contain 85–95% fatty acids and phytosterols. That ratio of 12:1 means that it takes 12 kg of saw palmetto berries to produce 1 kg of the extract.

The second botanical ingredient in our unique formulation is *pumpkin seed oil* (the Latin name is *Cucurbita pepo*). This material is sold widely in Europe and, in fact, is listed in the German Herbal Pharmacopoeia for relief of symptoms of enlarged prostate. As in the case of saw palmetto, the

active compound in pumpkin seed oil has not been identified but, again, there's a broad range of phytosterols naturally occurring in the oil.

The third ingredient in the formula is *beta-sitosterol*, a phytosterol extracted naturally and in high concentrations from soybeans. It's believed that plant sterols, specifically beta-sitosterol, have chemical structures very similar to testosterone and estrogen. It has been observed that men with BPH have higher levels of these latter hormones than those with normal prostates. So, it may be that phytosterols, because of their similar chemical structure, block receptor sites for testosterone and estrogen, and limit the effect of these hormones on enlarging the prostate. That's only a theory. But whatever the mechanism, the fact is that these herbal ingredients *do* work.

Numerous studies have confirmed the efficacy of our ingredients. A 1980 study in *The British Journal of Clinical Pharmacology*, for example, researched the effectiveness of *saw palmetto extract*. It showed a 50% increase in urinary flow and a significant reduction in the amount of urine left in the bladder. Perhaps more importantly, subjects recorded a marked improvement in their quality of life. Another study in *The British Journal of Urology*, conducted on a combination of *saw palmetto and pumpkin seed oil*, again showed an increased flow in urine with decreased nocturnal frequency and no side effects. And, finally, a study published in 1995 in the prestigious British medical journal *Lancet* demonstrated the beneficial effects of our third ingredient, *beta-sitosterol*. Benefits are the same as noted in the previously mentioned studies.

After reviewing clinical studies and researching ingredients, Shaklee's scientists developed a soft gelatin capsule for men to take. The recommended dosage is two softgels daily. Each two-softgel dose delivers 320 mg of standardized *saw palmetto extract* and 30 mg of soybean *beta-sitosterol* in *pumpkin seed oil*. And, of course, like some of our other products containing oils or delicate ingredients, we protect our precious mixture with ShakleeGuard[®], Shaklee's patented blend of natural antioxidants.

For those individuals with urologic symptoms associated with mild to moderate BPH, many can expect to respond to treatment with **Saw Palmetto Complex**. Results are usually observed after a minimum of three months of daily use. And, most importantly for our consumers, the product is safe and may be used as long as needed with no side effects.

**Note: Saw Palmetto Complex does not treat prostate cancer and is not intended to replace regular visits to a physician. A diagnosis by a physician is needed to distinguish the symptoms of BPH from the small number of cases of enlarged prostates that may be caused by more serious medical conditions.*
