

PRODUCT INFORMATION

Palmetto®

The medicinal plant of choice for promoting prostate health and helping to soothe certain prostate-related symptoms.

Basic Facts

Saw palmetto (*Serenoa repens*) is a plant native to North America that has fan-like serrated leaves and numerous berries. It was used by the indigenous people of North America to treat urinary tract concerns in men and breast health concerns in women. The North American Indians used the berries as a food and to stimulate appetite, but also for bedwetting, impotency, low libido and inflamed prostate. In women, they used the natural remedy in cases of infertility, painful menstruation and to promote milk production. When Europeans learned of the numerous benefits of saw palmetto, especially those relating to prostate health, a concentrate was formed from the oily extract of the berries to increase the effectiveness and introduce the possibility of standardized dosages.

Effects

The oil obtained from saw palmetto berries consists primarily – between 85 and 95 percent – of free fatty acids and phytosterols. It also contains omega-6 fatty acids which work to maintain healthy cholesterol levels within normal ranges. The fat-soluble extract of the saw palmetto berry can protect against the transformation of testosterone, the hormone responsible for an enlarged prostate.

More than 20 placebo-controlled double-blind studies have shown that the fat-soluble extract of the saw palmetto berry can be helpful in cases of prostate symptoms such as nocturia, arguably the most unpleasant prostate-related symptom. One study conducted in 1984 examined 110 patients suffering from prostate-related concerns and found that the individuals who were treated with saw palmetto had significantly fewer symptoms over a follow-up

examination period of 14.5 to more than 30 months than the control group. This was measured not only by subjective criteria like pain when urinating but predominantly by objective criteria such as bedwetting during the night, urinary output and residual urine. Moreover, the saw palmetto preparation was extremely well-tolerated and produced minimal side effects.

The prostate is a firm, chestnut-size organ that surrounds the base of the male urethra. It secretes a milky liquid which is added to the seminal fluid and triggers the movement of sperm.

As men age, it is common for the number of cells in the prostate gland to increase, leading to a stenosis of the urethra. The ensuing symptoms include a thin urinary stream, pain when urinating, problems initiating urination, nocturia, a frequent urge to urinate, incomplete emptying of the bladder and other symptoms.

This natural, age-related increase in prostate cells is the most frequent cause of bladder emptying disturbances in men. It is commonly initially observed between the ages 40 and 50 and typically follows a slow, intermittent course.

The etiology of this condition is not yet fully known. However, it is assumed that it is caused by an accumulation of testosterone, the male sex hormone, or by a redistribution of the hormone balance of the female and male sex hormones. To find out whether an individual is suffering from this condition, the doctor will perform a rectal examination to determine the consistency, size and condition of the prostate. The next step is often to perform a uroflowmetry to determine the residual urine or an ultrasound examination.

From a therapeutic point of view, several treatment options are available aside from operating on the prostate, which is proposed only after all conservative types of therapy have failed. In Austria and Germany, the treatment of choice is saw palmetto oil, which can provide some symptom relief and encourage a return to optimal prostate size.



Palmetto®

- ▶ Excellently suited for supporting prostate health
- ▶ May provide benefits in cases of benign, age-related prostate growth
- ▶ Contains omega-6 fatty acids which help maintain cholesterol levels within normal ranges
- ▶ A purely plant-based substance with no side effects or intolerance
- ▶ Promotes the health of the male urinary tract
- ▶ May help support a healthy immune system

At a Glance

Palmetto®

Uses

Benign, age-related prostate growth: the main indication for administering Palmetto® is the benign increase in prostate cells that can come with age. For this condition, the plant extract is the «golden standard» in many European countries like France, Germany, Austria, Italy and Spain. The typical symptoms of benign prostate growth are problems initiating urine flow, a thin urinary stream, urinary frequency, dribbling after urinating and frequent nocturia.

Investigations have shown that saw palmetto extract can be beneficial for all of these symptoms. If the increase in prostate cells is not treated, the organ will continue to grow. Not only can saw palmetto extract facilitate the improvement of symptoms but also encourage a small yet clear reduction of the size of the prostate.

Composition

One capsule contains 500mg saw palmetto extract in pharmaceutical grade.

Other ingredients: magnesium stearate.

Dosage

In normal cases take 1–2 capsules 1–3 times a day with plenty of fluid.





Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

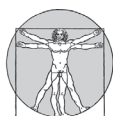
Store in a cool and dry environment, out of reach for children.

Palmetto® Product Groups

Palmetto® can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food Supplements**
-  **Immune System, Cell Protection & Antioxidants**
-  **Men's Health**
-  **Pain & Inflammation**

Manufacturer:



VitaBasix®

by LHP Inc.

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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