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ESSENTIALS

# SAW PALMETTO

To support prostate health.

## Nutritional Information

One Tablet provides:

Saw Palmetto fruit extract (equivalent to 500 mg herb powder)	36 mg
Providing:	
Phytosterols	25 µg

Take one tablet, one to three times daily with food.  
Swallow with water.



## SUMMARY

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- Extract from 500 mg saw palmetto
- Providing phytosterols

## DESCRIPTION

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Saw palmetto contributes to normal prostate health and is traditionally used for symptomatic relief of benign prostate enlargement. Quest Saw Palmetto provides the extract from 500 mg saw palmetto.

## HOW DOES SAW PALMETTO SUPPORT THE PROSTATE GLAND?

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**Decreased production of 5-alpha reductase:** Saw palmetto contains phytosterols which decreases the production of 5-alpha reductase. This is an enzyme that converts testosterone into dihydrotestosterone (DHT) within the prostate gland. Dihydrotestosterone provides no benefits outside of testosterone once the prostate is developed, so a reduction in DHT is beneficial<sup>1</sup>.

**Benign prostatic hyperplasia:** Too much DHT encourages the growth and enlargement of the prostate gland leading to benign prostatic hyperplasia. This causes many unpleasant symptoms such as frequent and urgent urination, nocturia (night time urination), problems with starting the flow of urine, weak urine flow & dribbling and an inability to completely empty the bladder. Studies show that saw palmetto improves the urinary tract symptoms that often occur in BPH including urinary flow symptoms<sup>1,2,3,4</sup>.

**Safety for BPH:** Long term (15 year) studies indicate that saw palmetto is a safe way to prevent the progression of benign prostatic hyperplasia without increasing the risk of prostate cancer<sup>5</sup>.

**Prostatitis:** A study has completed on patients with prostatitis (inflammation of the prostate triggered by infection), showed an improvement upon saw palmetto supplementation in maximum urinary flow rate, residual urine volume, urethral closure pressure, urination frequency and frequency of nocturia with no adverse reactions occurring. The study concluded saw palmetto improves the quality of life for patients with prostatitis<sup>6</sup>.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING SAW PALMETTO?

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This product is intended exclusively for adults and is not intended for:

- Children
- Pregnant or breastfeeding women

## FEATURES

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- Extract from 500 mg saw palmetto
- Providing phytosterols
- Vegan

## HEALTH NEEDS

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MEN'S HEALTH &  
FERTILITY

## SCIENTIFIC REFERENCES

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2. JAMA. 1998 Nov 11;280(18):1604-9
3. J Altern Complement Med. 2017 Aug;23(8):599-606.
4. BJU Int. 2018 Dec;122(6):1049-1065
5. Urologia. 2018 May 9;391560318772466
6. Zhonghua Nan Ke Xue. 2017 May;23(5):417-421.



