



SAW PALMETTO *(sarenoa repens)*

Common Uses

Saw Palmetto extracts are most widely used for prostate problems. Saw palmetto extracts help heal benign prostate enlargement by stopping the conversion of 5-dehydrotestosterone into testosterone, but the whole berries have a gentler effect on the hormone, helping to preserve male potency as well as halt male hair loss. In cases of prostate infection, the berries gently stimulate urination, causing the infectious microorganisms to be "flushed out" with urine. Saw Palmetto is often used to clear chest congestion, treat coughs, asthma and bronchitis. Some herbalists use Saw Palmetto for breast enhancement.

Saw Palmetto is useful to help improve skin and scalp conditions, maintain healthy hair and skin, and reverse hair loss. It has been used to help revive follicles, improve hair strength, body and shine, make scalp less sensitive to stress and irritation.

Precautions

None known

Common Dosages

TINCTURE: Take 15-30 drops

CAPSULES: Take up to 1-2 450mg capsules per day

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