

# Saw Palmetto

A highly potent extract of *Serenoa repens*, designed to support men's prostate health and lower urinary tract symptoms. Sustainably sourced, traceable and GMO free.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- 250mg (8:1 Dried Herb Equivalent [DHE] 2000mg) of saw palmetto fruit extract per vegetable capsule, standardized to contain a minimum of 45% fatty acid content
- Designed to support men's prostate health and lower urinary tract symptoms, blocking the conversion of testosterone to dihydrotestosterone (DHT)
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties

*Serenoa repens*, most frequently referred to as Saw palmetto, is traditionally used for men's health concerns related to prostate health, genitourinary health and testosterone regulation. Saw palmetto has gained attention for its ability to block the conversion of testosterone to dihydrotestosterone (DHT). DHT is considered a more potent androgen and the form responsible for hair loss, while contributing to benign prostatic hyperplasia (BPH) and lower urinary tract symptoms (LUTs)

Modern day research on saw palmetto for BPH and LUTS is quite mixed, with early trials and smaller sample sizes finding more significant benefits. That being said, positive trials show notable benefits for

BPH in the areas of urine flow rates and night time urination frequency. Saw palmetto does not appear to physically alter the size of the prostate itself. One unique study also found benefits in men's hair regrowth on the crown of the head when 320mg of saw palmetto was taken for 2 years. The minimum evidence-based dosage for positive effects appears to be 160-320 mg per day.

**Saw Palmetto** from Cyto-Matrix contains 250mg of saw palmetto fruit extract per vegetable capsule, standardized to contain a minimum of 45% fatty acid content. Each bottle of Saw Palmetto contains 60 vegetable capsules.

**Saw Palmetto** is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial for both the health of individuals, and also the health of our planet and future generations.

### Each capsule contains

Saw palmetto extract ..... 250mg  
(fruit, *Serenoa repens*) 8:1, DHE 2000mg



\*PhytoProof® is a registered trademark of  
Euromed USA, Inc.

### Storage Conditions

Do not use if safety seal is broken.

### Non-Medicinal Ingredients

Vegetable-grade magnesium stearate,  
microcrystalline cellulose, brown rice flour. Capsule:  
hypromellose.

### Recommended Use Claim

Used in Herbal Medicine to help relieve the urologic  
symptoms (e.g. weak urine flow/incomplete  
voiding/frequent daytime/night time urination)  
associated with mild to moderate benign prostatic  
hyperplasia (BPH).

### Directions of Use

Adult men - Take 1 capsule, 1-2 times per day or as  
directed by a healthcare professional. Take with food  
to minimize gastric disturbance.

### Cautions and Warnings

Do not use if safety seal is broken. Consult a  
healthcare professional prior to use to exclude a  
diagnosis of prostate cancer. Consult a healthcare  
professional if symptoms persist or worsen.