

# Saw Palmetto Complex

## With Lycopene

**Saw Palmetto Complex** with Lycopene provides high quality standardized saw palmetto extract, together with other active nutrients that complement its activity.\* In addition to the recommended 320 mg of palmetto extract per serving, this formulation provides 120 mg of beta-sitosterol, the primary active component of pygeum. Because pygeum extract is prepared with solvents, we use beta-sitosterol from soy instead. **Saw Palmetto Complex** also includes lycopene, and a generous portion of pumpkin seed oil from the required species from Eastern Europe.



#50730  
60 softgels

### Key Features

- Supplies nutrients important for the function of the prostate gland\*
- May help regulate the effect of endogenous hormones on the prostate gland\*



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**Saw palmetto** or sabal palm originated in the southeast United States and was used as a food by some native Americans. We use a carbon dioxide supercritical solvent-free fluid extract of saw palmetto, which contains important essential fatty acids and phytosterols. Studies show that saw palmetto can reduce binding of dihydrotestosterone (DHT) in the prostate through inhibition of nuclear receptors.\* It also potentially inhibits the action of 5-alpha-reductase, the enzyme needed for the conversion of testosterone into DHT.\* Clinical trials have demonstrated that saw palmetto berry extract may support prostate health, while also showing no evidence that it interferes with measurement of serum prostate specific antigen (PSA), a marker used in monitoring the health of the prostate gland.\* There is also evidence that saw palmetto can enhance the reduction of excess estrogen.\*



**Beta-sitosterol** is a sterol, a plant fat ("phytosterol") that closely resembles cholesterol. Phytosterols have been studied for decades and much is known about them. Beta-sitosterol has been widely researched and shown to support immunity, healthy cholesterol within normal levels and blood sugar within normal levels.\* Three double-blind clinical trials of beta-sitosterol have demonstrated it has potential support for healthy prostate function.\*



**Zinc** is necessary for the functioning of over 300 different enzymes, playing a crucial role in many biological processes. In the male reproductive system, the epithelial cells of the prostate gland accumulate higher zinc levels than any soft tissue in the body, and zinc is necessary for the development of sperm.\* Research suggests that zinc may support prostate health through its participation in the regulation of 5-alpha-reductase.\* Zinc is also involved in the proper metabolism of unsaturated fatty acids.\*



The pumpkin, *Cucurbita pepo*, originated in Central America and was introduced to Europe by the Spaniards. Native Americans and the Eclectic physicians used pumpkin seeds for gastrointestinal health, and until 1936, pumpkin seeds were listed in the United States Pharmacopoeia.\* In recent decades, **pumpkin seed oil** has been utilized for prostate support, often used in conjunction with saw palmetto berry extract.\* Human and animal studies show pumpkin seed oil may also support the function of the bladder and urethra.\*

We utilize the highest quality pumpkin seed oil, which is obtained from Styrian oilseed pumpkin, cultivated mostly in Austria. Its active ingredients include the essential fatty acids linoleic acid and oleic acid, tocopherols, amino acids and minerals. Phytosterols, porphyrins and carotenoids including lutein are also important constituents, together giving Styrian pumpkin seed oil a dark greenish-black color with reddish highlights.



**Lycopene** is a beneficial pigment that gives plants such as tomatoes, guava, watermelon and pink grapefruit their red hue. As an antioxidant carotenoid, it has been found to have protective effects for the vascular system and the eyes.\* Recent studies show that supplemental lycopene may support prostate function.\*

Because the ingredients found in Palmetto Complex II with Lycopene may beneficially affect prostate function, it is important to inform your healthcare professional that you are using this dietary supplement.\*

## Supplement Facts

Serving Size	2 Softgels	
Servings Per Container	30	
<b>Amount Per Serving</b>		
Calories	15	
Calories from Fat	15	
	<b>% Daily Value*</b>	
Total Fat	1.5 g	2%
Zinc (as Zinc Citrate)	10 mg	91%
Pumpkin Seed Oil	1.5 g	†
Saw Palmetto (Berry) Extract (standardized to 85-95% fatty acids)	320 mg	†
Beta-Sitosterol	120 mg	†
Lycopene	15 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Gelatin, glycerin, silicon dioxide, purified water, carob extract, zinc oxide.

**Suggested Use:** As a dietary supplement, 2 softgels in the evening, or as directed by a healthcare practitioner.

### References:

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