

# PROSTA PALMETTO™ & SAW PALMETTO CLASSIC™



## Botanical Support for Men's Health

Prostate health has become one of the most serious issues facing American men this decade—and aging is not the only culprit. The chemical environment created by industrialized nations poses a major challenge to the prostate gland. Now science is verifying the botanical wisdom of traditional Native American herbalist, who relied on the berries of the saw palmetto tree to support men's health.



**Planetary Formulas offers you two premier saw palmetto products**

**PROSTA PALMETTO™** is a standardized saw palmetto extract available in the same potency used in clinical research.

**SAW PALMETTO CLASSIC™** is a comprehensive formula that combines saw palmetto with additional respected botanicals known to support the prostate gland.

## Hormones and the Prostate Gland

The prostate is a walnut-sized gland located under the bladder, surrounding the urinary tract in men. Beginning in their forties, men experience an increase in the amount of dihydrotestosterone (DHT), a potent male hormone, in the prostate. The formation of DHT is further increased by xenoestrogens in the environment. These are substances such as certain pesticides, treated foods, synthetic organochlorines, and other “endocrine disrupters” that block or mimic natural hormones.

Saw palmetto is believed to help prevent the conversion of testosterone to DHT, and accelerate the breakdown and elimination of DHT from prostate tissues. Its natural phytoestrogens also may block artificial estrogen-like compounds from accumulating in prostate tissue. Thus it offsets the hormonal imbalances caused by aging and environmental challenges.

For centuries, saw palmetto berries (*Serenoa repens*) were used as food by Native Americans. They are rich in terols and fatty acids.

Saw palmetto extract has been extensively studied for its effects on the prostate. Planetary Formulas **PROSTA PALMETTO** contains a highly concentrated extract of this renowned berry., standardized to yield 85-95% fatty acids and sterols, the amount of these beneficial compounds typically used in recent prostate health research. Each **PROSTA PALMETTO** softgel supplies 320 mg of saw palmetto, the equivalent amount used in recent European studies.

### SAW PALMETTO CLASSIC™

Planetary Formulas **SAW PALMETTO CLASSIC** is an original, clinically derived formula developed by acupuncturist, herbalist and author, Michael Tierra. It combines a standardized saw palmetto extract with additional botanicals traditionally used to support a healthy genitourinary system. Featured are three of the most respected botanicals known to have an affinity for the prostate gland--saw palmetto berries, pumpkin seed oil extract, and pygeum bark.

**SAW PALMETTO CLASSIC** combines a concentrated and standardized saw palmetto extract with pumpkin seed oil extract standardized to 25% fatty acids and pygeum bark extract standardized to 2.5% fatty acids. In addition to these beneficial fatty acid, pumpkin seeds are rich in zinc, a mineral essential to normal prostate function.

These herbs are further complemented by ten additional traditional botanicals, to support the male genitourinary system.

## Clinically Derived Formulas

Planetary Formulas **PROSTA PALMETTO** and **SAW PALMETTO CLASSIC** combine the wisdom of traditional herbalism with the advances of modern technology. They were developed by Planetary Formulas' primary formulator, renowned herbalist and clinician, Michael Tierra, L. Ac., O.M.D., and are used on a daily basis in his clinical practice. This means your customers can be assured of obtaining the benefits they are seeking from an herbal product.

## Planetary Formulas: More Than Herbs -- Herbalism!

### References

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