

# Saw Palmetto

## Special Glandular Support for Men

*The berries of the saw palmetto are sweeter than sugar cane—and nutritionally richer! This plant is especially helpful in supporting glandular weakness and is most well-known for supporting prostate health.*



### **BENEFITS**

- Supports the glandular system.
- Supports prostate gland health.
- Provides hormone balance, especially for men over 40.
- Boosts immunity.

### **HOW IT WORKS**

Saw palmetto contains a compound used by the body to manufacture cortisone. Cortisone is an adrenal hormone that helps regulate the metabolism of fats, carbohydrates, sodium, potassium and proteins. It is used primarily to support glandular tissues (especially the prostate gland) and to maintain optimal balance in hormone levels. Scientific research validates its use for supporting prostate health. It also contains polysaccharides that may have immune-boosting properties.

### **NSP ADVANTAGE**

Nature's Sunshine offers Saw Palmetto in capsule form along with concentrated saw palmetto capsules.

### **SCIENTIFIC SUPPORT**

A clinical study suggested taking 320 mg of standardized saw palmetto concentrate daily to maintain men's hormonal balance.

### **INGREDIENTS**

Each capsule contains 550 mg saw palmetto. The concentrate form provides 320 mg of standardized saw palmetto concentrate.

### **RECOMMENDED USE**

Take 2 capsules with a meal three times daily.  
Concentrate: Take 1 capsule with a meal twice daily.  
For best results, use with zinc.

### **COMPLEMENTARY PRODUCTS**

- Nutritional: Men's Formula, Zinc.

*Saw Palmetto capsules (100)*

*Stock No. 630-4*

*Saw Palmetto concentrate (60)*

*Stock No. 635-9*



Contact your local NSP Herb Specialist: