

# Clinical Research Update

# Saw Palmetto

**Research Sponsored by Nutrilite Using**

**Saw Palmetto with Nettle Root was Named**

**“The Most Scientifically Exciting”**

**by the American Urological Association!**



## AT A GLANCE:

- Study Goal: To evaluate whether Saw Palmetto with Nettle Root herbal blend improves the condition of Benign Prostatic Hyperplasia (BPH), a common problem for aging males.
- Study Results: After six months of supplementation, the men's prostate tissue showed a significant decrease in epithelial thickness. Modest improvements were also seen in BPH symptoms and urinary flow rates.
- This is the first US-based double-blind, placebo-controlled clinical trial to evaluate a Saw Palmetto product.

**B**enign Prostatic Hyperplasia (BPH) is a common problem in men that increases with age. This frustrating condition can result in difficult urination and disruption of sleep due to frequent urination. BPH is usually treated with expensive surgeries or drugs.

In order to determine whether the use of Saw Palmetto with Nettle Root herbal blend improves the condition of BPH, Nutrilite collaborated with Dr. Leonard S. Marks of the Urological Sciences Research Foundation in Culver City, CA. A double-blind, placebo-controlled study was undertaken that included 44 men with BPH. They were randomly assigned to receive either Saw Palmetto with Nettle Root herbal blend or placebo for six months.

A notable finding in this study was that the men's prostate tissue showed a significant ( $p < 0.01$ ) decrease in epithelial thickness (see figure) following six months of supplementation with the Saw Palmetto with Nettle Root herbal blend. Modest improvements were observed in BPH symptoms and urinary flow rates that were similar to other published research in Europe. This study is significant not only because of the beneficial response to the Saw Palmetto with Nettle Root herbal blend, but also because it is the first US-based double-blind, placebo-

controlled clinical trial to evaluate a Saw Palmetto product. The full results from this trial were published in the *Journal of Urology* (Vol. 163, May 2000, pp. 1451-1456).

Dr. Marks and colleagues then decided to determine how the Saw Palmetto and Nettle Root herbal blend improved prostate tissues. To do this, they measured prostate tissue levels of dihydrotestosterone (DHT), a hormone specifically linked to BPH. The Saw Palmetto with Nettle Root herbal blend decreased the level of DHT in prostate tissues. These findings were presented at the 2001 American Urological Association (AUA) Annual Meeting. The AUA stated that these were the scientifically most exciting data and that Dr. Marks and colleagues "over the past few years have steadily improved our understanding of the mechanism of action and the effect of Saw Palmetto extract on the benignly enlarged prostate."

This is just one of many examples of how Nutrilite collaborates with prominent research institutions to substantiate the efficacy of natural ingredients.

To learn more about this and other research, visit us at [www.nutriline.com](http://www.nutriline.com).

