



## Name Saw Palmetto

### Caps

Code	Size	Duration
C53-54	54 Capsules	Usually lasts 18 days
C53-100	100 Capsules	Usually lasts 33 days

### Area concerned

The prostate gland and male hormone system.

### Ingredients

Saw palmetto 325mg minimum per capsule.

### Description

To help maintain good function of the male reproductive system. May help men to maintain sex drive, and help the prostate gland to stay healthy and at its normal size. Traditionally, many herbs which benefit the kidneys and bladder are also indicated to help the prostate gland. Combines well with **Pros Capsules**, with which this herb can be taken for increased benefits.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

More than 99% of users are men, however there is a caution for women: Do not use if pregnant or nursing.

### Companion Products

90-day Kidney Programme; Echinacea Capsules or Drops; Echinacea Compound Capsules; Kid Capsules, Drops or Tea; Power Garlic Capsules, Pros Capsules; Saw Palmetto Drops.

### Drops

Code	Size	Duration
D26-50	50ml	Usually lasts 28 days
D26-100	100ml	Usually lasts 55 days

### Area concerned

The prostate gland and male hormone system

### Ingredients

Saw palmetto fluid extract only

### Description

Can help maintain good function of the male reproductive system. Works well in this respect if combined with **Kid Drops** or **Kid Capsules**. Many people believe saw palmetto can help men to maintain an adequate level of sex-drive, and a healthy prostate gland.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take saw palmetto every day for an extended period of time if desired.

### Cautions

More than 99% of users are men, however there is a caution for women: Do not use if pregnant or nursing.

### Companion Products

90-day Kidney Programme; Echinacea Capsules or Drops; Echinacea Compound Capsules; Kid Capsules, Drops or Tea; Power Garlic Capsules, Pros Capsules; Saw Palmetto Capsules.

### Caps

### Drops