

# Saw Palmetto Extract 160mg

Maximum Strength

## Presentation

**A brown soft capsule.**

### Each capsule delivers:

Saw Palmetto Berry Oil Extract 160mg

### Encapsulated with:

Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxides), Sunflower Seed Oil.

**Disintegration time:** Less than 30 minutes.

quantity  
60

type  
capsules

code  
8573



## Uses

Saw Palmetto (*Serenoa repens*), is a small North American palm that gets its name from the spiny saw-toothed stems at the base of each leaf. The extract is derived from its dark berries, which are typically harvested around August to September.

Saw Palmetto has been traditionally used for men's health, but many practitioners are now turning their attention to the use of this herb for monthly female hormonal imbalances.

Each capsule provides a full 160mg of saw palmetto berry oil extract, and is recommended alongside a multivitamin and mineral formula such as Multi-Guard®.

### Usage and administration

1 capsule daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

