



PALMETTO PLUS™



- An advanced supplement providing immediate and long-term prostate support for men*
- Furnishes a comprehensive formulation of clinically proven saw palmetto, plus lycopene and soy isoflavones
- Contains all-natural botanical components, which are standardized extracts, guaranteed for potency

SAW PALMETTO'S PROVEN BENEFITS

Recently, 18 randomized clinical studies revealed that about 80 to 90 percent of men using saw palmetto showed a positive correlation between saw palmetto and prostate health.^{1,2*} Saw palmetto has a gentle, strengthening effect on the male reproductive and urinary systems, as well as the prostate.^{3*}

USANA uses saw palmetto for its prostate formula because considerable clinical research has shown the herb to be a powerful aid for promoting and maintaining prostate health.* Research has indicated that saw palmetto inhibits production of the enzyme 5-alpha-reductase, which is a catalyst for the conversion of testosterone to dihydrotestosterone (DHT).* By inhibiting 5-alpha-reductase production, saw palmetto reduces the amount of DHT in the body, which is correlated to less prostatic hypertrophy. In many cases, using saw palmetto supplements has been linked to a reduction in prostate size.

WHY PALMETTO PLUS™?

USANA's scientists have developed PALMETTO PLUS, a highly effective combination of saw palmetto and two other powerful prostate aids, lycopene and soy isoflavones. USANA is the only major manufacturer to combine saw palmetto with lycopene and soy isoflavones in a single product at a reasonable price.

Lycopene is the most abundant carotenoid (vitamin-like compound) found in the prostate.⁴ Lycopene may play a role in maintaining a healthy prostate by enhancing immune function and providing antioxidant protection. Soy isoflavones, a group of

phytochemicals found in soybeans, have been shown to help maintain health functions throughout the body. Together, lycopene and soy isoflavones have been shown to maintain prostate health.

PALMETTO PLUS is a convenient, effective way to obtain a comprehensive saw palmetto formulation. All natural botanical components of PALMETTO PLUS are standardized extracts and are guaranteed for purity and potency.

PALMETTO PLUS is laboratory tested, potency guaranteed. Meets USP specifications for uniformity, and disintegration, where applicable.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

1. Plosker GL, Brogden RN. *Drugs Aging* 1996 Nov; 9 (5): 379-95.
2. Wilt TJ, et al. *JAMA* 1998 Nov; 280 (18): 1604-9.
3. Willard, T. *Vitamin Retailer*. Feb 1999:58-60.
4. Wiseman, H. *Biochem Soc Trans* 1996; 24 (3) : 795-800.

Adult men take one (1) PALMETTO PLUS capsule daily, preferably with a meal.

Supplement Facts

Serving Size 1 Capsule

AMOUNT PER CAPSULE		%DV*
SAW PALMETTO EXTRACT (<i>SERENOA REPENS</i>) (FRUIT) STANDARDIZED TO CONTAIN A MINIMUM OF 85% FATTY ACIDS	320 mg	†
LYCOPENE (<i>SOLANUM LYCOPERSICUM</i>) (FRUIT)	5 mg	†
SOY ISOFLAVONES (<i>GLYCINE MAX</i>) (SEED)	25 mg	†

* Percent Daily Value is based on a 2,000 calorie diet.
† Daily Value not established.

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Because the symptoms for BPH and prostate cancer are similar, you should report any prostate problems to your doctor.