

# SuperNutrition's Fact vs Fiction

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## WHY FACT VS FICTION?

We are frequently asked why we use or do not use certain ingredients or forms of nutrients in our multi-vitamin formulas.

Fact Vs Fiction provides information on how we choose specific forms of nutrients.

Scientific references are cited and text from abstracts is included to provide research details.

We evaluate nutritional ingredients by the following criteria:

- 1) Is it natural and normal to the human body?
- 2) Has it had a long history of safe use in humans?
- 3) Is it supported by science and/or traditional herbal wisdom?
- 4) Is it nutritionally effective?
- 5) Is it cost-effective for our customers?
- 6) Is it concentrated enough that we can provide optimal levels to our customers in a reasonable amount of tablets?

We have no vested interest in any form of nutrient. Our selections are based on what is best for our customers' health and their pocketbook.

The Truth About

## Saw Palmetto For Men

**Fiction:** Saw Palmetto should be taken by men to prevent prostate problems

**Fact:** Saw Palmetto is a valuable medicinal herb that probably should not be used as a preventive herb. Studies raise questions about using it when there is no medical need.

## INSIDE

- **Saw Palmetto and Prostate Health**
- **Saw Palmetto's Effect on Testosterone**

**Saw Palmetto Is A Medicinal Herb, Not An Herb To Be Included In Daily Vitamins**

Saw palmetto may be useful to men who have prostate problems because it may reduce the activity of dihydrotestosterone (DHT) in the body. DHT is a natural hormone that is produced in the body by the enzymatic conversion of a small amount of testosterone. DHT can stimulate tissue growth in some body tissues, including the prostate. Young men’s bodies normally have a small amount of DHT, but at about age 40 some men experience increased DHT, which is associated with problematic prostate cell growth.

Saw palmetto has been shown to reduce some of the effects of DHT, and is beneficial for men who have a medical need for such support. However, we do not include it in the SuperNutrition Men’s Blend because studies indicate that saw palmetto may also reduce the effect of hormones other than DHT.

In the study below, saw palmetto reduced DHT uptake into cells 40.9%, but it also reduced testosterone uptake 41.9%. Testosterone is an important natural hormone that supports important body functions, including maintaining optimal energy, lean body mass, immune function, brain function and libido. Unless a man has a medical need to reduce prostate problems, he should be prudent in considering whether to take saw palmetto because saw palmetto might also reduce the activity of his natural testosterone.

el-Sheik MM, et al. The effect of Permixon [saw palmetto] on androgen receptors. Acta Obstetricia et Gynecologica Scandinavica. 67(5) : 397-9, 1988.  
**Comment:** This study analyzed saw palmetto’s effect on 11 different tissue samples. It found that saw palmetto “reduced the uptake of [dihydrotestosterone] by 40.9% and [testosterone] by 41.9% in all tissue specimens.” **Saw palmetto’s inhibitive action wasn’t restricted to DHT. It also affected testosterone.**

Is saw palmetto acceptable in our daily vitamin formulas? We rate Saw Palmetto in our six evaluation categories as acceptable, partly acceptable, questionable, or not acceptable.	Score
1. <b>Is it natural to the human body?</b> Saw palmetto is a natural medicinal herb. Humans have used it for many years.	<b>Acceptable</b>
2. <b>Has it had a long history of safe use in humans?</b> It has had a long history of safe medical use in humans.	<b>Acceptable</b>
3. <b>Is it supported by science and/or traditional herbal wisdom?</b> Traditional herbal wisdom has validated therapeutic use, but studies raise questions about preventive use.	<b>Not Acceptable</b>
4. <b>Is it nutritionally effective?</b> It is not taken for nutritional effect.	<b>Not Acceptable</b>
5. <b>Is it cost-effective for our customers?</b> Saw palmetto is inexpensive.	<b>Acceptable</b>
6. <b>Is it a concentrated enough form that we can provide optimal levels to our customers in a reasonable amount of tablets?</b> Yes.	<b>Acceptable</b>
<b>We choose not to use saw palmetto in our daily vitamin formulas because of questions about its potential effect on testosterone.</b>	<b>Unacceptable</b>

**The above statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, cure or prevent any disease.**

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