PERFECT HERBS

Herb Monograph Latin Name: Serenoa repens

Common Name: Saw Palmetto

Primary Action	endocrine modulator
Secondary Actions	astringent
System Affinities	male endocrine, prostate
Conditions Treated	BPH
Constituents	fatty acids, fixed oils, saponins, sterols, volatile oils
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	2 g to 4 g
Parts Used	berry or powder
Can Be Substituted With	Tribulus terrestris (puncture vine)
Pairs Well With	Poria cocos in BPH formulas



Disclaimer: This information is provided for educational purposes only.