



NATURE'S SUNSHINE

Saw Palmetto

Vegan

Kosher

Halal

Non-GMO

Gluten Free

GOOD FOR

Prostate

Male Reproductive System

Endocrine System

SIZE **100 Capsules**

ITEM # **630**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Saw palmetto is a time-honored botanical drawn from the dark berries of a hardy palm native to the American Southeast. This formula works by bringing together the plant's naturally occurring compounds to gently support several areas of everyday health — from comfortable bathroom trips to healthy hair and a balanced inflammatory response.

Saw Palmetto (Urinary & Bladder Comfort) — One of the most studied benefits of saw palmetto is how it helps men feel more comfortable throughout the day and night. Research covering thousands of men found it can help ease the urge to go frequently, reduce nighttime bathroom trips, and support a feeling of more complete bladder emptying — all common concerns as men get older.

Saw Palmetto (Prostate & Lower Urinary Tract) — The prostate gland sits right at the base of the bladder, and when it enlarges with age it can make urination feel difficult or incomplete. Saw palmetto has been shown in multiple controlled trials to help ease these lower urinary tract symptoms, making it one of the most well-researched botanicals for men's urinary comfort and prostate wellness.

Saw Palmetto (Hair Growth & Thickness) — Thinning hair linked to hormonal changes is a concern for many people. Saw palmetto works by helping to slow the conversion of testosterone into a more potent form — DHT — that can shrink hair follicles over time. A review of multiple clinical studies found meaningful improvements in hair quality, count, and density among people using saw palmetto regularly.

Saw Palmetto (Healthy Inflammatory Response) — Occasional inflammation is the body's natural way of protecting itself, but keeping that response balanced is key to long-term wellness. Saw palmetto has been shown in laboratory and animal research to help support a healthy inflammatory response by working along two separate pathways in the body, making it a versatile botanical for overall comfort and ease.

Saw Palmetto (Sexual Health & Vitality) — Feeling your best includes feeling vital and energetic in all areas of life. A six-month pilot study in men found that saw palmetto supplementation was associated with meaningful improvements in sexual function scores. Researchers believe this may be related to the plant's influence on certain compounds involved in healthy circulation and tissue function.

Saw Palmetto Berry Extract (Core Active Compound) — The real power of saw palmetto comes from its ripe, dark berries. The extract drawn from these berries is rich in fatty acids and plant sterols that work together to deliver the herb's well-known benefits. Standardized berry extract ensures you're getting a consistent, reliable amount of the active compounds in every serving.

Saw Palmetto (DHT Balance & Hormonal Harmony) — Hormonal balance plays a quiet but important role in everything from hair health to urinary comfort. Saw palmetto helps support that balance by gently influencing how the body processes testosterone — specifically by slowing the enzyme responsible for converting it into DHT. This makes it a natural choice for men looking to support hormonal harmony as they age.

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