Clinical Studies on Nutrilite® Saw Palmetto with Nettle Root

Prostate

Author/Year	Subject	Design	Duration	Dosage	Preparation	Results/Conclusion
Marks *et al*., 2001	BPH	R, DB, PC, Cm n=40 (saw palmetto vs. placebo); n=22 (finasteride vs. control), measuring prostate tissue androgen levels using needle biopsies	6 months	One, softgel 3x/day with meals (320 mg/day saw palmetto extract, 240 mg/day nettle root extract, 480 mg/day pumpkin seed oil, 100 mg/day lemon bioflavonoid concentrate, and 300 IU/day natural b-carotene concentrate) or placebo	Nutrilite® Saw Palmetto with Nettle Root; finasteride	No significant change in tissue dihydrotestosterone (DHT) levels was observed with the placebo compared to tissue samples biopsied at baseline. In the saw palmetto blend group, tissue DHT levels were significantly reduced by 32% from 6.49 ng/g to 4.40 ng/g ($p<0.005$). Chronic finasteride therapy significantly ($p<0.01$) lowered prostate tissue DHT levels by ~80%.
Marks et al., 2000	BPH	R, DB, PC n=44 men with symptomatic BPH; OL extension after 6 months with 41 men electing to continue therapy	6 months	One, softgel 3x/day with meals (320 mg/day saw palmetto extract, 240 mg/day nettle root extract, 480 mg/day pumpkin seed oil, 100 mg/day lemon bioflavonoid concentrate, and 300 IU/day natural b-carotene concentrate) or placebo	Nutrilite® Saw Palmetto with Nettle Root	Saw palmetto blend group had non-statistically significant improvement vs. placebo in clinical parameters (e.g., International Prostate Symptom Score, uroflowmetry, residual urine volume, prostate volume). After 6 months, saw palmetto blend was associated with significant prostate epithelial contraction, notably in the transition zone ($p<0.01$), suggesting a possible mechanism for the clinical effects observed in other studies. No serious adverse effects were associated with the saw palmetto blend.

KEY: **C** – controlled, **CC** – case-control, **CH** – cohort, **CI** – confidence interval, **Cm** – comparison, **CO** – crossover, **CS** – cross-sectional, **DB** – double-blind, **E** – epidemiological, **LC** – longitudinal cohort, **MA** – meta-analysis, **MC** – multi-center, **n** – number of patients, **O** – open, **OB** – observational, **OL** – open label, **OR** – odds ratio, **P** – prospective, **PB** – patient-blind, **PC** – placebo-controlled, **PG** – parallel group, **PS** – pilot study, **R** – randomized, **RC** – reference-controlled, **RCS** – retrospective cross-sectional, **RS** - retrospective, **S** – surveillance, **SB** – single-blind, **SC** – single-center, **U** – uncontrolled, **UP** – unpublished, **VC** – vehicle-controlled.