

## Saw palmetto

Botanical name: *Serenoa repens*

Energetics/Actions: Sweet, pungent, warm, dry, anti inflammatory, expectorant

### Description

Saw palmetto is a type of palm that is native to the southeastern US. It has been used by the Indigenous tribes of the southeastern US for hundreds of years, traditionally as a men's herb for urinary and reproductive health. It is also used for coughs and to improve appetite.



### Uses

Prostate: Used for prostate health, especially when the prostate is enlarged.

Urinary: Improves urinary tract function.

Hair: Some studies show that Saw Palmetto decreased male-pattern hair loss in men and women.

Testosterone: Regulates testosterone levels.

### Dose

Decoction: 1-2 teaspoons of berries (remove hard kernels first) in 2 cups boiling water, simmer for 30 minutes. Take up to 3 cups a day.

Tincture: ½ teaspoon 3 times a day.

Capsules: One 160 mg capsule 2 times a day.

### Safety information

Talk to your healthcare provider if you are taking medications or have chronic health conditions.

Not for use in pregnancy or breastfeeding-data lacking.