Saw Palmetto berry (*Serenoa repens* (W. Bartram) Small [Arecaceae]; Syn: *Sabal serrulata*, (Michx.) Nutt. ex Schult. & Schult. f.; *Serenoa serrulata* (Michx.) G. Nichols) is native to the Southeastern U.S., and was used by local Native Americans as a diuretic and sexual tonic, as well as for stomachache and dysentery. Today, Saw Palmetto extract (SPE) is the most popular and widely used phytotherapeutic agent for the treatment of symptoms related to benign prostatic hyperplasia (BPH). By 2002 the SPE based supplements consumption had risen up to the fifth bestselling herbal dietary product in the USA.

The suggested mechanism of SPE action is a mild inhibition of the activity of 5α-reductase, the enzyme which catalyzes conversion of testosterone into dihydrotestosterone (DHT).

DHT, in its turn, is linked to the development of BPH. In other words, *inhibition of 5α-reductase activity results in lesser DHT synthesized in the body from testosterone, and therefore, reduced chances of BPH development.*

It is shown *in vivo* that the anti-BPH property of Saw Palmetto extract is comparable with the commonly used synthetic 5α-reductase inhibitor, Finasteride. In addition, the efficacy of SPE is decisively confirmed by a rather high amount of evidences and clinical trials.

Valensa’s USPlus® brand Saw Palmetto extract is currently the well-established industry standard for quality. Every lot of extract without exception is scrupulously tested in our laboratory to confirm its compliance with the current USP requirements and even stricter own standards of Valensa International.

*We apply the unique approach developed in Valensa International to verify product quality and authenticity.*

In order to confirm its high efficacy the USPlus® brand SPE was recently tested *in vitro* for its 5α-reductase inhibition activity.
As a result of comparative tests, it is now experimentally confirmed that USPlus® brand SPE has noticeably greater 5α-reductase activity inhibition effect than two other competing brands, and most importantly, USPlus® shows inhibition effect, which is very close to that of registered drug, Finasteride.

The final results are demonstrated with the graph below:

![Graph showing inhibitory activities on 5α-reductase with testosterone as substrate at various concentrations of tested substance.](image)

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