

Urologists release consensus statements advocating for the role of saw palmetto extract to support prostate health

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Saw palmetto (*Serenoa repens*). Credit: Sallicio, CC BY-SA 3.0 , via Wikimedia Commons

An international panel of seven leading urologists from North America and Europe reviewed over 50 original clinical research studies and developed seven consensus statements outlined in their paper "Rethinking the Role of Saw Palmetto Extract for Men with Lower Urinary Tract Symptoms in North America," which was recently published in the journal *Uro*.

The group concluded that a high-quality saw palmetto extract, also known as lipidosterolic extract of *Serenoa repens* and available as a natural dietary supplement, should be considered as an option for men with mild-to-moderate [lower urinary tract symptoms](#) associated with an enlarged [prostate](#).

"Across the globe, there has been a lack of consensus with regards to the effectiveness of saw palmetto extract resulting in differing recommendations by health organizations around the world," said Dr. Jamin Brahmbhatt, one of the co-authors and board-certified urologist. "The goal of this expert panel was to contribute to our collective understanding of the science and generate discussion about the role a high-quality saw palmetto extract can play in men's health."

The berry produced by saw palmetto palm trees native to the Southeastern U.S. is the most studied natural ingredient for prostate health. However, the primary challenge influencing how urologists view saw palmetto supplements in [patient care](#) has been the variability of quality of products, especially those commonly found on store shelves in the United States.

The panel highlighted that the current evidence suggests that high-quality lipidosterolic extracts with a profile defined by the United States Pharmacopeia (USP) monograph, like that found in Flomentum, are likely important for clinical effectiveness.

"Our panel recognized that the literature on the benefit of saw palmetto extract for lower urinary tract symptoms was specific to a high-quality extract used at 320 mg daily," said lead author Dr. J. Curtis Nickel.

The Urology Care Foundation reports that an enlarged prostate impacts about half of men aged 50 to 60 and 90% of men over the age of 80. Many of these men will experience lower urinary tract symptoms, such as increased urination, sudden urgency and a weak stream. These symptoms can reduce overall quality of life, including disrupting sleep.

"This 2022 review suggests that a high-quality saw palmetto extract can play a positive role supporting the care physicians' provide to aging men in the United States," said Dr. Leigh Vinocur, board-certified physician and chief medical officer of Flomentum Health.

More information: J. Curtis Nickel et al, Rethinking the Role of Saw Palmetto Extract for Men with Lower Urinary Tract Symptoms in North America, *Uro* (2022). [DOI: 10.3390/uro2030017](https://doi.org/10.3390/uro2030017)

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