



Patient information Leaflet

Capsules, hard.

Appearance: hard gelatin capsules, size 00, brown cap and ivory body, containing homogeneous powder mixture of dark purple to violet color with white particles possessing characteristic odor inside.

COMPOSITION

- Saw Palmetto Powder fruit Extract – 320.00 mg;
- Cranberry Fruit Extract - 90.00 mg;
- Nettle root Extract - 25.00 mg;
- Zinc 10.00 mg; as zinc oxide
- Selenium - 100 µg

PROPERTIES

Spalmitol is a synergistic and comprehensive combination of extracts, minerals other nutrients, carefully formulated and specifically designed to support the healthy structure and function of a man's prostate.

Saw Palmetto is a "dwarf" palm that grows at the south coast of the USA.

A meta-analysis of 18 clinical trials published in the Journal of the American Medical Association and another on 21 clinical trials carried out on over 3000 men as reviewed by the Cochrane Collaboration have confirmed the safety and efficacy of saw palmetto extract preparations in treating symptoms of BPH, usually of stage 1 and 2. The latest meta-analysis concludes that the clinical literature supports the use of saw palmetto preparations in treating symptoms of BPH in stages 1 and 2, and that saw palmetto preparations have shown efficacy and greater safety when compared to conventional pharmaceutical drugs.

Saw palmetto has been approved by the German government's respected Commission E and the Canadian government's Natural Health Products Directorate. It is also recognized by leading scientists and physicians in Western Europe through a positive monograph by the European Scientific Cooperative on Phytotherapy (ESCOP), which acknowledges its efficacy for symptomatic treatment of micturition (urinary) disorders in mild to moderate BPH. The World Health Organization also recognizes the efficacy of saw palmetto for treating lower urinary tract symptoms secondary to BPH stages I and 2

Additionally to its effect on the chronic urinary tract infections, the extract increases sperm production and male sexual energy.

The nettle root extract added to the extract of Saw Palmetto provides prostate and urinary tract support and potentially can naturally interact with the binding of DHT providing a further mechanism of action for supporting prostate health.

Zinc is known to promote sexual function as well as to promote prostate health.

Selenium can reduce prostate enlargement by providing antioxidant protection against oxidative free radicals. In addition, selenium can reduce the production of prostate specific antigen (PSA) in the body. Lastly, this mineral can reduce the pain and inflammation associated with BPH by inhibiting prostaglandins.

Cranberry extract:

- Improve prostate function; reduce the prostate specific antigen (PSA) and improving the LUTS symptom score (known as International Prostate Symptoms Score, IPSS).
- Prevent recurrent urinary tract infections common in patients with benign prostatic hyperplasia by inhibiting P-fimbriated E. coli adhesion to uroepithelial cells, the initial step in the development of UTI.

INDICATIONS

Spalmitol has a marked favorable effect in: initial prostate hyperplasia; micturition disorders in benign prostate enlargement grade I and II; chronic prostatitis; urethritis; burning feeling during micturition; bladder inflammation.

DOSAGE AND METHOD OF ADMINISTRATION

The capsules are taken with adequate amount of fluid without chewing.

Recommended dose: 1 capsule daily after meals.

The positive effects of SPALMITOL use may be attained after a regular intake of 4 to 6 weeks duration.

SIDE EFFECTS

There are no side effects or effects associated with libido decrease. Very rarely, a gastrointestinal discomfort may occur.

PRECAUTIONS

No health risk or any side effects were established when used in the recommended doses.

PHARMACEUTICAL FORM

Hard gelatin capsules. 10 capsules in a blister.

3 blisters in a carton box together with a patient information leaflet.

STORAGE

Store in a dry place, protected from light at temperature below 30 °C.

Keep out of the reach and sight of children.

SHELF LIFE

3 years

Do not use after the expiry date stated on the blister and carton after EXP.

The expiry date refers to the last day of that month.

This product is sold without a prescription.

MANUFACTURER

Adipharm EAD, Simeonovsko shosse 130, 1700 Sofia, Bulgaria - EU