

## Saw Palmetto

### Plus Lycopene Complex

#### Suitable for people concerned about Men's Health

As we age, deceleration of metabolic events slows down our circulation. Common symptoms include tiredness, forgetfulness, hair loss or white hair. Vitona Saw Palmetto Plus Lycopene Complex consists of time-tested natural herbal ingredients, in particular lycopene. Together they hold the key to health and helps restore vitality and youth.

#### Lycopene – the Super Antioxidant for Youth

Lycopene is a bright red carotene that can be found naturally in tomatoes and other red fruits and vegetables and gives a red colour. It is a powerful antioxidant for maintenance of good health.<sup>[1-3]</sup> In nature, it is found in high concentration in tomatoes, but it would be difficult to consume enough lycopene in a general diet to the amount adequate to support health.

Antioxidants prevent the by-products of the body's consumption of oxygen from damaging cells. This preventive action can slow down signs of aging while helping organs operate more efficiently. Lycopene has been shown to have a possible effect on kidney protection and cardiovascular health.<sup>[4,5]</sup> It also provides hepatoprotective effect through inhibition of amelioration of toxins.<sup>[6]</sup>

UV radiation in sunlight and other environmental factors accelerate oxidizing reactions in cells. When our skin is exposed to sunlight, it causes free radicals to form. These free radicals could damage skin tissue and breakdown collagen, causing premature aging, which affects our look and health.<sup>[7,8]</sup> Lycopene helps to reduce UV damage to skin, and retain skin moisture and elasticity, helping us to both look and feel youthful and energetic.

#### Saw Palmetto Calms Your System

Saw Palmetto is a traditional herb of American Indians and has long been consumed for health and youth.<sup>[9]</sup> Scientists early reported that saw palmetto contains special fatty acids as active ingredients, which may strengthen male physiological functions and improve sleep quality.

A two-year trial found that taking 320mg saw palmetto extract daily could improve sleep quality by regaining strength and reduce awake time at midnight.<sup>[10,11]</sup>

#### Pumpkin Seed Oil Refreshes your Body

Pumpkin Seed Oil is a rich source of vitamins A, B, and E, linoleic acid, oleic acid, zinc, selenium, and phytosterols. Pumpkin seed is associated with antioxidant activity, and is claimed to be beneficial for skin care.<sup>[12]</sup>

Actions of pumpkin seed oil may also be attributed to the content of phytosterols and zinc. Zinc is an essential trace mineral. Our hair contains high concentration of zinc. Zinc plays important roles in DNA synthesis, cell division and proliferation to maintain healthy hair growth.<sup>[13]</sup> It contains zinc and selenium, which are essential elements to boost and maintain male functions, and can complement the effects of lycopene and saw palmetto, producing the best effect, therefore helping you to stay charm and confident at all times.<sup>[14]</sup>

#### Vitona Saw Palmetto Plus Lycopene Complex may provide the following benefits:

- Help support kidney health<sup>[4]</sup>
- Gain control to smooth flow<sup>[11]</sup>
- Strong antioxidant function to protect body cells<sup>[2]</sup>
- Help improve skin condition<sup>[1,12]</sup>
- Help maintain heart and liver health<sup>[5,6]</sup>
- Important for healthy hair condition<sup>[13,15]</sup>
- Support male physiological functions<sup>[3]</sup>

#### Recommended daily dose:

Adults take 2 softgel capsules daily or as directed by physicians.

#### References:

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