

Researchers	Daily Dosage (mg/b.i.d.) Regime	# of Patients Saw palmetto group (SP) vs. Placebo	% Reduction in Urinary Frequency (at night)	% Increase in Peak Urinary Flow Rate	Tolerability of Therapy
Tasca et al. (1985)	160 x 1-3 mo	SP: 14	SP: 74%	SP: 26%	Excellent
		Placebo: 13	Placebo: 39%	Placebo: 5%	N/A
Reece Smith et al. (1986)	160 x 3 mo	SP: 33	SP: 36%	SP: 35%	Excellent
		Placebo: 37	Placebo: 36%	Placebo: 35%	N/A
Emili et al. (1983)	Unclear x 1 mo	SP: 15	SP: 50%	SP: 33%	Excellent
		Placebo: 15	Placebo: 13%	Placebo: 2%	N/A
Descotes et al. (1995)	160 x 1 mo	SP: 82	SP: 33% <i>P</i> <0.05	SP: 29% <i>P</i> <0.05	Good
		Placebo: 94	Placebo: 18%	Placebo: 9%	N/A
Cukier et al. (1985)	160 x 2-3 mo	SP & Placebo: 146	SP: 33% <i>P</i> <0.001	N/A	Good
			Placebo: 15%	N/A	N/A
Champault et al. (1984)	160 x 1 mo	SP: 47	SP: 46% <i>P</i> <0.001	SP: 50% <i>P</i> <0.001	Excellent
		Placebo: 41	Placebo: 15%	Placebo: 5%	N/A
Boccafoschi & Annoscia (1983)	160 x 2 mo	SP: 11	SP: 55% <i>P</i> <0.05	SP: 43% <i>P</i> <0.05	Excellent
		Placebo: 11	Placebo: 32%	Placebo: 19%	N/A

P <0.001 - < 0.05 vs. placebo