



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Saw palmetto, Tomato, Ascorbic Acid, Zinc, Calcium

بلميط منشاري / طماطم / حمض الأسكوربيك / زنك / كالسيوم

1. Names & Synonyms

Saw palmetto

Serenoa repens (W.Bartram) Small (1,2).

Family: Arecaceae (1,2).

Syns: *Corypha repens* W.Bartram, *Corypha obliqua* W.Bartram, *Diglossophyllum serrulatum* (Michx.) H. Wendl. ex Salomon, *Sabal serrulata* (Michx.) Schult.f., *Chamaerops serrulata* Michx., *Brahea serrulata* (Michx.) H. Wendl. (1,2).

Arabic: Balmit minshary بلमित منشاري

English: *Serenoa* , Saw palmetto (3) and Saw palmetto berry (4).

Tomato (1)

Solanum lycopersicum L.

Family: Solanaceae

Syns: *Lycopersicon esculentum* Mill., *Lycopersicon cerasiforme* Dunal,

Arabic: Tamatem طماطم

English: Tomato.

2. Parts used for medicinal purpose

Saw palmetto: Dried ripe fruit (5).

Tomato: Fruit (6).



3. Major chemical constituents

Saw palmetto (7)

- **Fatty acids and their glycerides:** Monoacylglycerides (1-monolaurin, 1-monomyristicin). Oleic acid (unsaturated) and capric acid, caprylic acid, lauric acid, myristic acid, palmitic acid and stearic acid (saturated).
- **Steroids:** β -Sitosterol, campesterol and stigmasterol.
- **Carbohydrates:** Invert sugar, mannitol, high molecular weight polysaccharides with galactose, arabinose and uronic acid identified as main sugar components.
- **Other constituents:** Flavonoids (e.g. rutin, isoquercitrin, kaempferol), pigment (carotene), resin, tannin and volatile oil.

Tomato (6)

- **Carotenoids:** mainly lycopene and in small amounts β -carotene, α -carotene, β -cryptoxanthin and lutein.
- **Phenolics:** rutin, naringenin and chlorogenic acid.
- **Others:** vitamin C, and vitamin E

4. Medicinal uses (Indications)

Relief of lower urinary tract symptoms related to Benign Prostatic Hyperplasia (BPH) or related to an overactive bladder, after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of saw palmetto extract (Extraction Solvent: ethanol and water), tomato powder extract (Extraction Solvent: ethanol and water), ascorbic acid, zinc and calcium glucarate.

Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.



6. Posology and method of administration correlated to medicinal use

Adults and elderly:

Combination of 270 mg of saw palmetto extract, 200 mg of tomato extract, 60mg of ascorbic acid, 10mg of zinc and 100mg of calcium gluconate, daily.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same families.

8. Special warnings and precautions for use

- If complaints worsen or if symptoms such as fever, spasms or blood in the urine, painful urination, or urinary retention occur during the use of the medicinal product, a doctor or a pharmacist should be consulted (9).
- The use in children and adolescents under 18 years of age is not recommended.

9. Interactions with other medicinal products and other forms of interaction

- A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described (9).

10. Fertility, pregnancy and lactation

- Pregnancy and lactation: not relevant.
- No fertility data available.

11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects



- Nausea, vomiting, diarrhea, abdominal pain (especially when taken on an empty stomach) (8,9).
- Allergic or hypersensitivity reactions may occur such as skin rash, headache (8,9).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

- No case of overdose has been reported.

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

01/06/2026.



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