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Natural Medicines Comprehensive Database provides unbiased, evidence-based information on complementary, alternative, and integrative therapies. [Login now](#) to get the latest information and evidence on over 84,000 natural medicines. Plus, get [fully accredited continuing education credits](#).

Our team updates the *Database* every business day. Here are some of the updates we want to alert you to:

- **Saw palmetto** is now falling out of favor for treating symptoms of BPH. Many men swear by it, but the evidence is stacking up against it. Two NIH-sponsored studies now suggest that saw palmetto is no more effective than placebo. Due to these and other negative findings, the evidence-based effectiveness rating for saw palmetto is being downgraded to *Possibly Ineffective*. Advise men not to rely on saw palmetto for BPH symptoms. Explain that benefits are modest at best.

Use the [Effectiveness Checker](#) to get evidence-based ratings on many other supplements used for BPH. Or get our Special Report, [Natural Medicines in the Clinical Management of BPH](#) for a concise clinical review.

Our new course, [Natural Medicines in the Clinical Management of Irritable Bowel Syndrome](#), is now available. You'll find out:

- Why some IBS patients need to avoid [black tea](#).
- Which [lactobacillus](#) or [bifidobacteria](#) products might be helpful.
- How [melatonin](#) might help some IBS patients.

You can use this and many other [prior courses](#) for fully accredited continuing education credits. All courses are accredited for pharmacists, physicians, NPs, PAs, and many other professionals.*

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[Tell the editors](#) if you ever can't find a product that you are looking for. We add new products and new scientific information to the *Natural Medicines Comprehensive Database* every business day.

Best regards,

[Phil Gregory, PharmD](#)

Editor, *Natural Medicines Comprehensive Database*

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