In another study, researchers gave older men 320 mg of saw palmetto per day and followed them for two years.

However, parts of the disease that can be directly attributed to the missing neurotransmitter have been unchanged by the diet.

We were visiting out-of-state friends, so I couldn’t see myself going splatty poop every hour, which is why I took the stuff.

If that favorite pair of shorts doesn’t fit like they should, don’t stress.