

Hexanic Extract of *Serenoa repens* (Permixon®): Adis Evaluation

Clinical Considerations

- Hexanic lipidosterolic extract of the American dwarf palm tree with anti-inflammatory activity demonstrated in vitro, in vivo and in men with prostatic inflammation
- The only *S. repens* extract that is approved for use under EMA well-established use criteria
- Similar efficacy to 5 α -reductase inhibitors and/or α -blockers in treating LUTS associated with BPH
- Recommended by European guidelines as a treatment option for men with LUTS who want to avoid any potential adverse events, especially those related to sexual function

Plain Language Summary

Background and rationale

- Benign prostatic hyperplasia (BPH; enlargement of the prostate gland) compresses the urethra, leading to uncomfortable lower urinary tract symptoms (LUTS) such as difficulty starting a urine stream, weak flow, incomplete bladder emptying, frequent urination, urgency, and waking at night to urinate.
- To avoid side effects often associated with other available treatments such as 5 α -reductase inhibitors and α -blockers, plant extracts like the hexanic extract (HE) of *Serenoa repens* (Permixon®) are commonly used to treat the symptoms of BPH. HE *S. repens* is derived from a small palm tree native to America and has been shown to have anti-inflammatory effects in prostate inflammation.

Clinical findings

- In clinical studies, HE *S. repens* was as effective as an α -blocker at improving urinary symptoms, increasing urinary flow rate and reducing prostate volume in men with BPH.
- In real-world studies, HE *S. repens* was as effective as 5 α -reductase inhibitors and/or α -blockers at improving LUTS and quality of life.
- HE *S. repens* was generally well tolerated. European guidelines recommend HE *S. repens* as a treatment option for men with LUTS who want to avoid any potential side effects, especially those related to sexual function.

Conclusion

HE *S. repens* is a useful option for the treatment of symptomatic BPH.

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