

Table S1. Phytotherapeutics for the treatment of benign prostatic hyperplasia and their mechanism of action.

Plant Species	Postulated mechanism of action	References
<i>Serenoa repens</i> (saw palmetto)	<ul style="list-style-type: none"> • 5α-reductase inhibition • decrease of DHT level (Inhibiting its binding to androgen receptors) • inhibits DHT and some testosterone metabolites formation • anti-inflammatory activity • anti-proliferative activity • spasmolytic effects • α1-adrenoceptors antagonism 	[1,2]
<i>Cucurbita pepo</i>	<ul style="list-style-type: none"> • Decrease of DHT level (Inhibiting its binding to androgen receptors) • 5α-reductase inhibition • Inhibition of testosterone-induced hypertrophy 	[3,4]
<i>Prunus africana</i>	<ul style="list-style-type: none"> • Anti-inflammatory activity • anti-proliferative activity • pro-apoptotic activity • Inhibition of estrogen receptors, progesterone and androgen receptors. 	[5–7]
<i>Urtica dioica</i>	<ul style="list-style-type: none"> • Anti-proliferative activity • anti-inflammatory activity • Inhibits TNF activity • Inhibits the connecting of SGBG • Stimulates T-lymphocytes activity and the complement activation 	[8–11]
<i>Secale cereale</i>	<ul style="list-style-type: none"> • Anti-inflammatory activity-decreased IL-6 and TNF-α cytokines levels • pro-apoptotic activity • α-adrenergic receptors block • spasmolytic activity • 5α-reductase inhibition • Decreased PSA expression and androgen receptor 	[12–14]

DHT = dihydrotestosterone; TNF = tumor necrosis factor; SGBG = sex hormone binding globulin; IL = interleukin; PSA = prostate-specific antigen

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