CLAIMS

1. A dietary powder composition comprising:

saw palmetto powder; and

coconut oil powder;

wherein the composition provides a minimum daily dose of 37.5mg lauric acid and 16.44mg myristic acid, and

wherein the total fatty acid content of the composition is at least 136mg.

2. A dietary powder composition according to claim 1, wherein, any shortfall of the total fatty acid content derived from the saw palmetto powder and coconut oil powder is made up by the addition of at least one other plant-based source of fatty acids.

3. A dietary powder composition according to claim 2, wherein the other plant-based source of fatty acids is at least one oil powder.

4. A dietary powder composition according to claim 2 or claim 3, wherein the other plant-based source of fatty acids is at least one of the following: sunflower seed powder extract, sunflower oil powder, olive oil powder, flax seed powder extract, flax seed oil powder, evening primrose powder extract, evening primrose oil powder, pumpkin seed powder extract, pumpkin seed oil powder, sea buckthorn powder extract, sea buckthorn oil powder, blackcurrant seed powder extract, blackcurrant seed oil powder, chia seed powder extract, chia seed oil powder, borage seed powder extract, borage oil powder, grape seed powder extract, grape seed oil powder, hemp seed powder extract, hemp seed oil powder, perilla seed powder extract, perilla seed oil powder, safflower seed extract, safflower seed oil powder, sesame seed extract, sesame seed oil powder, cranberry seed oil powder, wheat germ oil powder, echium seed extract or oil powder.

5. A dietary powder composition according to any one of claims 2 to 4, wherein the other plant based source of fatty acids is at least one of the following: sunflower seed powder extract,

sunflower oil powder, olive oil powder, flax seed powder extract, flax seed oil powder, blackcurrant seed powder extract, blackcurrant seed oil powder, evening primrose powder extract, evening primrose oil powder, chia seed powder extract, chia seed oil powder.

6. A dietary powder composition according to any one of claims 2 to 5, wherein the other plant-based source of fatty acids is either sunflower oil powder or olive oil powder.

7. A dietary powder composition according to any one of claims 2 to 5, wherein the other plant-based source of fatty acids is blackcurrant seed oil powder.

8. A dietary powder composition according to any one of claims 2 to 5, wherein the other plant-based source of fatty acids is evening primrose oil powder.

9. A dietary powder composition according to any preceding claim, wherein the composition comprises between 1 mg and 1g saw palmetto powder.

10. A dietary powder composition according to any preceding claim, wherein the composition comprises between 50 mg and 400mg saw palmetto powder.

11. A dietary powder composition according to any preceding claim, wherein the composition comprises between 100mg and 200mg saw palmetto powder.

12. A dietary powder composition according to any preceding claim, wherein the composition comprises between 1 mg and 1.02g coconut oil powder.

13. A dietary powder composition according to any preceding claim, wherein the composition comprises between 50 mg and 500mg coconut oil powder.

14. A dietary powder composition according to any preceding claim, wherein the composition comprises between 90 mg and 240mg coconut oil powder.

15. A dietary powder composition according to any preceding claim, wherein the composition comprises about 160mg saw palmetto, 110mg coconut oil and 137.5mg sunflower oil powder.

16. A dietary powder composition according to any preceding claim, wherein the composition comprises about 160mg saw palmetto, 110mg coconut oil and 175mg olive oil powder.

17. A dietary powder composition according to any preceding claim, further comprising a source of vitamin C.

18. A dietary powder composition according to any preceding claim, further comprising a source of beta carotene.

19. A dietary powder composition according to any preceding claim, further comprising a source of zinc.

20. A dietary powder composition according to any preceding claim, further comprising a source of biotin.