

Preventive Medicine



DHEA 10 mg

DESCRIPTION

DHEA is a dietary supplement to help maintain normal levels of DHEA hormone. DHEA is an important hormone that supports healthy aging. DHEA levels decline with age and adrenal stress. DHEA supports immune system and thyroid function, as well as memory and energy function.

FUNCTIONS

DHEA is a steroid hormone produced from cholesterol by the adrenal glands. It is the most abundant steroid in the bloodstream and is present at even higher levels in brain tissue. DHEA is a precursor to many steroid sex hormones, including estrogen and testosterone. With age, DHEA production declines usually peaking between the ages of 25-30 and gradually falling to a decline of 90% by age 60. DHEA seems to support IGF-1 levels (insulin growth factor) and support decreased levels of cortisol. IGF-1 is the hormone or growth stimulating metabolite produced by the metabolism of HGH, and is responsible for the beneficial effects of elevated human growth hormone. Cortisol is a stress hormone (HGH). With aging there is a decline in DHEA and an elevation of cortisol. High and prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have negative effects such as: impaired cognitive performance and suppressed thyroid function, blood sugar imbalances, decreased bone density and a decrease in muscle tissue, higher blood pressure and lowered immunity. Elevating DHEA levels is a way to help manage high cortisol levels and improve IGF-1 production.

Studies have shown that supplementing with DHEA may benefit the immune system, blood sugar metabolism and weight management, brain and bone health, heart health, estrogen and testosterone levels.

INDICATIONS

DHEA 10 mg may be used as a dietary supplement for people who have a DHEA

deficiency. DHEA levels are reduced by Aging, Sugar, Nicotine, Caffeine, Alcohol, Nutritional imbalance, and vegetarian diets low in cholesterol and healthy fats.

FORMULA

Serving Size: 1 Capsule

Amount per serving:

DHEA (micronized) 10 mg

Other ingredients: vegetable cellulose (capsule), vegetarian leucine.

SUGGESTED USE

As a dietary supplement, take 1 capsule 3 times daily, or as directed by your healthcare practitioner.

SIDE EFFECTS

If you are pregnant, nursing, have hormone related cancer, taking benzodiazepines or related CNS active drugs or are taking thyroid hormone medication do not take this product without consulting your healthcare professional first..

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

DISTRIBUTED BY

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These supplements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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