

DHEA 25 mg

NATURAL HORMONAL BALANCE & SUPPORT*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
DHEA (dehydroepiandrosterone from Wild Yam)	25 mg	**

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, cellulose (capsule).

Does not contain gluten.

SUGGESTED USE: 1 CAPSULE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

- Helps support healthy hormone balance & adrenal function.*
- Researched for anti-aging benefits.*
- Clinical grade pure Wild Yam extract; no added carriers.*
- Rigorously tested for purity & potency.*

DHEA (dehydroepiandrosterone) is a natural supplement derived from Wild Yam that helps to replace the DHEA made in the human body. DHEA helps to support conditions affected by adrenal function and hormone balance. It is a fat soluble hormone that, in humans, is synthesized primarily by the adrenal glands from cholesterol. Small amounts of DHEA are also produced in other tissues, notably the brain, reproductive organs, skin and bones.

Of all the steroid hormones made by the adrenal glands, DHEA (along with DHEA-S, its sulfated form) is the most abundant. DHEA production is known

to decline after age 30, and continues to decrease steadily with advancing age. Causes of low DHEA in addition to aging include: excessive stress, adrenal insufficiency, alcoholism, malnutrition and the use of certain prescription drugs such as corticosteroids, insulin and oral contraceptives. Higher DHEA levels are associated with increased longevity and the prevention of cardiovascular and cellular health problems.

Because it serves as a precursor to androgen, testosterone and estrogen, DHEA was originally thought to function merely as a reservoir for the production of other hormones. However, DHEA is now believed to have its own specific physiological functions. Supplemental DHEA has been researched for a wide variety of benefits. It may be used to help support healthy estrogen and testosterone levels, help regulate healthy metabolism and energy levels, help maintain healthy function of the adrenal cortex and medulla, and help promote healthy skin, bones and cognitive function.

DHEA is frequently taken to help support healthy hormone levels in middle aged and older adults. It is generally not recommended for use by people under the age of 30, nor for people of any age dealing with hormone-related cancers such as breast and prostate cancer. Pregnant and lactating women also are advised to avoid taking this supplement, due to insufficient research.

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* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



DHEA levels are naturally higher in men than in women, but both sexes benefit from its presence. A study investigating the effects of DHEA on bone health and body composition in elderly men and women found that 50 mg of DHEA per day over a six month period helped to decrease fat mass, increase lean body mass, and increase bone mineral density throughout the body. In addition, concentrations of total serum testosterone and insulin-like growth factor (IGF-1) were increased in all subjects.

Cognitive function in the elderly has been shown to benefit from DHEA supplementation at 25 mg per day. In a study of older Japanese women (aged 65 to 90) with mild to moderate cognitive impairment, those receiving DHEA had improved cognitive scores, notably in verbal fluency, and maintained their basic activities of daily living (ADL) score after 6 months of treatment. By contrast, those women not taking the supplement showed a decline in both sets of scores. A significant increase in plasma testosterone, DHEA and DHEA-S levels was observed in the supplemented group, while estradiol levels remained unchanged.

A study in aging men with symptoms of “partial androgen deficiency” (low libido, fatigue, poor concentration and memory, mood alterations, sleep problems, etc.) evaluated the effect of a DHEA supplement on endocrine and neuroendocrine values over 12 months of treatment. Subjects took 25 mg of DHEA per day. Their hormone levels were evaluated each month, and a questionnaire was given before and after treatment to assess changes in clinical symptoms. After one year, the researchers noted significant beneficial modifications in hormone profiles. These included increases in testosterone, growth hormone and beta-endorphin, while cortisol levels were seen to remain stable. A progressive improvement in subjectively reported symptoms of mood, fatigue and joint pain was also reported.

In both men and women, restoring DHEA levels to young adult values may help to counter various aspects of declining health and physiological function which are commonly attributed to aging. DHEA replacement therapy should always be supervised and monitored by a licensed health care professional to help ensure optimum benefits and safety.

REFERENCES

1. Perrini S, et al. Associated hormonal declines in aging: DHEAS. *J Endocrinol Invest.* 2005;28(3 Suppl):85-93.
2. Yamada S, et al. Effects of dehydroepiandrosterone supplementation on cognitive function and activities of daily living in older women with mild to moderate cognitive impairment. *Geriatr Gerontol Int.* 2010 Oct;10(4):280-7.
3. Amore M. Partial androgen deficiency and neuropsychiatric symptoms in aging men. *J Endocrinol Invest.* 2005;28(11 Suppl Proceedings):49-54.
4. Genazzani AR, et al. Long-term low-dose dehydroepiandrosterone replacement therapy in aging males with partial androgen deficiency. *Aging Male.* 2004 Jun;7(2):133-43.
5. Labrie F. DHEA, important source of sex steroids in men and even more in women. *Prog Brain Res.* 2010;182:97-148.

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