

## **DHEA 10 mg**

### **Micronized Dehydroepiandrosterone**

#### **DESCRIPTION**

DHEA 10 mg capsules, provided by Douglas Laboratories, contain highest purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP) standards.

#### **FUNCTIONS**

DHEA is a natural steroid hormone that is synthesized from cholesterol through pregnenolone by the adrenal glands. DHEA acts as an antagonist for glucocorticosteroid hormones and is the parent precursor for other important steroid hormones, such as estradiol and other estrogens, and testosterone. While not a precursor to progesterone, DHEA can indirectly influence progesterone synthesis through a feedback mechanism whereby pregnenolone is converted to progesterone based on DHEA levels.

Apart from these functions, DHEA also has important biological functions itself. Recent experimental and human studies show that DHEA is involved in a large variety of physiological processes, including immune function, brain function, bone metabolism, blood lipid metabolism, energy metabolism, the regulation of normal blood sugar and insulin levels, and the maintenance of lean body mass.

DHEA and its metabolite DHEA sulfate are present in human adult plasma in concentrations of 0.01-0.02  $\mu\text{M}$  and 5 to 7  $\mu\text{M}$ , respectively. DHEA sulfate levels are low in early childhood and begin to rise after age 7, peak at age 20-24, and then drop at a rate of approximately 20% per decade, until at age 85-90, levels are 10-15% of what they used to be at age 20-30. DHEA levels also decline under a variety of conditions of physiological stress, such as acute and chronic infections, and trauma. Vegetarians have been shown to have decreased DHEA levels as well.

#### **INDICATIONS**

DHEA capsules may be a useful nutritional adjunct for individuals who wish to support the body's normal DHEA functions.

#### **FORMULA (#DHEA1)**

Each capsule contains:

DHEA (Dehydroepiandrosterone) .....10 mg

*DHEA is micronized in particle size to increase absorption. It is made with pure, pharmaceutical grade DHEA.*

#### **SUGGESTED USE**

As a dietary supplement, take 1 to 2 capsules daily, or as directed by a healthcare professional.

#### **SIDE EFFECTS**

Warning:

Please consult your physician before using this product. Not to be taken by individuals under the age of 18. Do not use this product if you have breast, uterine, ovarian or prostate problems. If you are at risk for or have prostate, breast, uterine or ovarian cancer you should not use this product. If you are pregnant, nursing or taking prescription medication, especially other hormones or MAOIs (Monoamine Oxidase Inhibitors) consult with your physician before using this product. This product may cause changes in liver function, alterations in hormone profiles, increased facial hair, acne, and mood swings. This product may cause virilization in women.

#### **STORAGE**

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

**DHEA 10 mg****Micronized Dehydroepiandrosterone****REFERENCES**

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**For more information on DHEA visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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**You trust Douglas Laboratories.  
Your patients trust you.**