



# DHEA

Supports Healthy  
Hormone Production\*

DHEA is an all-natural supplement comprised of the hormone Dehydroepiandrosterone (DHEA) that can help support healthy hormone production in males and females.\* DHEA works to help regulate the body's production of key steroids such as androgens, estrogens, and cortisol.\* In turn, DHEA has many functions in the body, including supporting stress levels, sex drive/libido, healthy oxidative stress, inflammation, and cognitive function.\*<sup>1</sup>

## How DHEA Works

Steroids are types of hormones that fall into five classes: androgens, estrogens, progestins, mineralocorticoids, and glucocorticoids. All steroids in humans are synthesized via a series of enzymatic modifications of cholesterol and have either anabolic or catabolic properties in the body. Anabolic reactions use energy to build cellular components, while catabolic reactions do the inverse (i.e., breakdown cell components to release energy).

Androgenic steroids are hormones that are typically anabolic and promote masculine characteristics (such as deepening of the voice and enhanced penile function), but they are still crucial in females. Estrogenic hormones are both anabolic and catabolic and promote feminine characteristics, but they are still crucial in males.

Since DHEA can be converted to both testosterone (the principal androgen in males), androstenedione (the principal androgen in females), and estrogen, supplementing with it can help support the production of key hormones for proper health and longevity.\*<sup>2</sup> Moreover, DHEA has been shown to counter the actions of cortisol, which is the primary stress hormone in humans and is highly catabolic (breaks down tissues).<sup>3</sup>

## DHEA Supplementation

Given the importance of proper endocrine balance and function, individuals stand to benefit from DHEA in a variety of ways. Below are some of the most pertinent research-backed benefits derived from DHEA:

- Supports healthy androgen and estrogen production (which is crucial for overall health and longevity)\*
- Supports proper stress levels\*
- Supports healthy inflammation and oxidative stress\*



**Form: 90 Capsules**

**Serving Size: 1 Capsule**

Ingredients	Amount	%DV
DHEA (Dehydroepiandrosterone)	25 mg	*

### Other Ingredients:

Microcrystalline cellulose, hypromellose, vegetable stearic acid, vegetable magnesium stearate.

### Directions:

Take one capsule daily as a dietary supplement, or as directed by your healthcare practitioner.

**Caution:** *If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* 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.

#### References:

1. Miller, W. L., & Auchus, R. J. (2010). The molecular biology, biochemistry, and physiology of human steroidogenesis and its disorders. *Endocrine Reviews*, 32(1), 81-151.
2. Baulieu, E. E., Thomas, G., Legrain, S., Lahlou, N., Roger, M., Debuire, B., ... & Leaud, M. C. (2000). Dehydroepiandrosterone (DHEA), DHEA sulfate, and aging: contribution of the DHEAge Study to a sociobiomedical issue. *Proceedings of the National Academy of Sciences*, 97(8), 4279-4284.
3. Ceresini, G., Morganti, S., Rebecchi, I., Freddi, M., Ceda, G. P., Banchini, A., ... & Valenti, G. (2000). Evaluation of the circadian profiles of serum dehydroepiandrosterone (DHEA), cortisol, and cortisol/DHEA molar ratio after a single oral administration of DHEA in elderly subjects. *Metabolism*, 49(4), 548-551.