DHEA is an acronym for dehydroepiandrosterone, a hormone normally produced by the adrenal glands, but which diminishes as a person ages. DHEA is a precursor to male (androgens) and female (estrogens) steroid hormones.

DHEA seems to increase a feeling of vitality in many people. According to the October 11, 1996 issue of The Medical Letter on Drugs and Therapeutics:

• "open, uncontrolled trials in patients with multiple sclerosis found that DHEA increased subjective feelings of strength, stamina and well-being, but did not improve disability..." (This means that it helped them feel better and stronger.)

• "a six-month, double-blind crossover trial comparing 50 mg of DHEA daily with placebo in 13 men and women, 40 to 70 years old, found that this dose of the drug restored serum levels of the hormone to those found in young adults, and increased serum levels of insulin-like growth factor in both sexes... a majority of patients serum levels of insulin-like growth factor in both sexes... a majority of patients treated with the hormone, and almost none of those treated with placebo, reported... an increase in physical and psychological well-being... a 12-month trial with 100 mg of DHEA daily in eight women and eight men aged 50 to 65 produced similar mg of DHEA daily in eight women and eight men aged 50.

DHEA is considered by many to be the "mother of hormones". It can be transformed into over 50 other important hormones including the sex hormones testosterone, progesterone, and the estrogens.
FREQUENTLY ASKED QUESTIONS

Q: Can anyone — including children — take this supplement?
A: Their sulfate esters on learning and memory DHEA is recommended for adults only. DHEA is recommended for adults only.

Q: Do I need to ask my doctor before I start taking this supplement?
A: Howard J. Androgens in human evolution. It is always wise to consult with your physician before using any dietary supplement.

DHEA is an acronym for dehydroepiandrosterone, a hormone produced primarily in the adrenal glands. It is also produced in other parts of the body including the testicles, ovaries and brain. After production, the bloodstream carries DHEA to tissues and cells. Some of it is converted to the sex hormones testosterone and estrogen. Cholesterol is the starting material to make all steroid hormones in the body. In the adrenal glands, cholesterol is converted to pregnenolone. Therefore, pregnenolone is the very top of the hormone pyramid. Pregnenolone is converted to DHEA and a number of sex hormones including testosterone and estrogen.

Some researchers estimate that humans make between 10 and 15 mg of DHEA daily, but other researchers have estimated higher levels. The production of most steroids in the body is controlled by a feedback loop. When hormone levels get too high, the body makes less of it, and when hormone levels are too low, the body makes more. However, DHEA is an exception to this rule. Preliminary studies do not seem to indicate a feedback loop for DHEA. It is suggested that small supplement DHEA dosage will not stop our body’s natural DHEA production. However, supplementation with high DHEA dosages and for a long period could have an influence in the body’s natural DHEA production.

REFERENCES


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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.