

# DHEA

Advanced Hormone Support\*



**Hormones**

**Adrenals**

**Healthy Aging**

NutritionalFrontiers.com  
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# DHEA

Available in 10 mg, 25 mg, and 50 mg Vegetarian Capsules

DHEA (Dehydroepiandrosterone) is an important adrenal hormone that supports healthy aging. DHEA levels decline with age and stress. It is the most abundant steroid in the bloodstream and is present at higher levels in brain tissue. DHEA supports immune system and thyroid function, as well as memory and energy function; it is also 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.

## 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

## HOW DHEA WORKS

Optimal levels of DHEA support balanced cortisol levels. As we age, levels of DHEA decrease naturally. Along with additional stress, low levels of DHEA may lead to higher levels of cortisol, our stress hormone, and accelerated aging. 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

## Factors that contribute to low DHEA levels include:

- Aging
- Caffeine, alcohol, sugar, nicotine, and nutritional imbalance
- A vegetarian diet low in cholesterol and healthy fats

## SUPPLEMENT FACTS

### DHEA 10 mg

**Available Bottle Size:** 90

**Serving Size:** 1 Capsule

**Servings Per Container:** 90

**Amount Per Serving**

DHEA (micronized).....10 mg

**Other Ingredients:** Microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

**Suggested Use:** As a dietary supplement, Adults (18 years and over) take 1 capsule daily, or as directed by your health care practitioner.

### DHEA 25 mg

**Available Bottle Size:** 90

**Serving Size:** 1 Capsule

**Servings Per Container:** 90

**Amount Per Serving**

DHEA (micronized).....25 mg

**Other Ingredients:** Microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

**Suggested Use:** As a dietary supplement, Adults (18 years and over) take 1 capsule daily, or as directed by your health care practitioner.

### DHEA 50 mg

**Available Bottle Size:** 90

**Serving Size:** 1 Capsule

**Servings Per Container:** 90

**Amount Per Serving**

DHEA (micronized).....50 mg

**Other Ingredients:** Microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

**Suggested Use:** As a dietary supplement, Adults (18 years and over) take 1 capsule daily, or as directed by your health care practitioner.

**WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse events call 1-800-332-1088



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