

DHEA (Dehydroepiandrosterone) Information Sheet

DHEA is a precursor hormone for Progesterone, Testosterone, Estrogen, Cortisol and several other essential hormones in the body. It is made in the adrenal gland and is the most abundant hormone in the body in the prime of life. It shows a steady decline as we age, and sometimes abruptly drops due to stress, illness and trauma because the adrenal gland will “steal” DHEA stores to produce cortisol in a crisis. DHEA itself however, has very important functions for anti-aging, energy, mental sharpness, memory and maintenance of a healthy immune system. It has different functions in different organs. In the immune system, it stimulates the production of Natural Killer cells, which locate and destroy toxins and abnormal cells. It sharpens our production of infection fighting anti-bodies and reduces our allergic reactions. In the brain, DHEA has been shown in many studies to improve thinking, working memory, mood, dendrite growth and mental alertness. It can also serve as a precursor to testosterone in women (only a minute amount in men).

How supplied:

This medication comes in a capsule and does not need refrigeration or any special handling. While it is not a prescription product there is a tremendous variability in the quality of DHEA products and some products do not raise DHEA levels at all, while others raise them too much. It's important to buy a good quality product.

How administered:

Capsule is taken orally, first thing in the morning, with or without food.

Possible side effects:

Some people experience (men and women) experience increased hair loss from the head. This would be different from male pattern balding, If more than normal hair comes out with hair brushing or washing, a reduction in dosage may be necessary. mild caffeine-like effect shortly after taking the medication, but after a few days to a week or so this should disappear. Some people experience anxiety, insomnia, increased sweating and acne. If these effects occur you should contact your physician. A decrease in dosage or stopping the medication may be necessary. There is also an uncommon side effect in women of increased hair growth on the face, legs and in the pubic area. This is due to increased conversion to testosterone and should result in either a change to another type of DHEA or a reduced dose is in order.

Special instructions:

Do not take this medication at night, as the natural cycle of this hormone is to rise during the day and decrease at night. It may cause insomnia if taken in the afternoon or evening.

In some cases of extreme adrenal fatigue, the dose is sometimes split.

Your dosage of DHEA is _____mg in the morning. If you have any questions or concerns or experience side effects, call us at 650-964-6700 or email us [at tmrinker@aol.com](mailto:tmrinker@aol.com). We will do our best to help you