

Pregnenolone Info Sheet

Pregnenolone is a precursor hormone for DHEA, Progesterone, Testosterone, Estrogen, Cortisol and several other essential hormones in the body, and has very important functions for anti-aging, energy, mental sharpness, memory and maintenance of a healthy immune system. It is very important for maintenance of mood and is the most important hormone in memory function. It also has a critical role in neuron repair. Many people find that it reduces irritability and helps with coping with stress. When this hormone level is very low, it's likely the adrenal system has been "borrowing" it in large quantities due to long term or severe stress to make cortisol. That means that the jobs that pregnenolone is meant to do aren't getting done, in a sacrifice to the crises you are dealing with. This is not a good situation for your adrenals or your brain. Balancing hormone will help, but balancing your life will help keep the benefits in place.

How supplied:

This medication comes in a capsule and does not need refrigeration or any special handling. How administered:

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

Possible side effects:

Side effects from Pregnenolone are very rare, but may include indigestion, bloating, sedation or dizziness. Special instructions:

This medication can be taken in the morning or evening.

Your dosage is _____ mg. Take in the AM PM If you have problems questions or concerns, contact us at 650-964-6700 [or tmrinker@aol.com](mailto:tmrinker@aol.com) and we will be glad to assist you.