

DHEA 5mg



Clinical Applications:

- Promotes hormonal balance and healthy aging
- Supports mood and emotional well-being
- Helps balance cortisol-to-DHEA ratios
- Aids in maintaining bone strength and inflammatory balance

ENDOCRINE HEALTH

DHEA (Dehydroepiandrosterone) is a naturally occurring steroid hormone precursor that plays a key role in maintaining hormonal balance and supporting the body's stress response system. Often considered the counterpart to cortisol, DHEA helps buffer the body against the catabolic effects of prolonged stress. Maintaining optimal DHEA levels is essential for promoting resilience, energy, and overall well-being. Each tablet delivers 5 mg of DHEA, derived from wild yam, offering a gentle and flexible option for customized hormone support within broader wellness protocols.

Overview

DHEA (Dehydroepiandrosterone) is a vital steroid hormone produced primarily by the adrenal glands, and in smaller amounts by the testes and ovaries. As the most abundant steroid hormone in the body, DHEA circulates in the blood, saliva, urine, and cerebrospinal fluid, serving as a precursor to both estrogens and androgens. It acts as a hormonal "buffer," helping maintain hormonal balance throughout the body.

DHEA levels peak in early adulthood and begin to decline around age 30, typically dropping by 10% each decade. This natural decline may be accelerated by chronic stress, inflammation, or blood sugar imbalances. Regulated by ACTH (adrenocorticotropic hormone), DHEA plays an important role in counterbalancing cortisol, the body's primary stress hormone. It supports inflammatory

balance, brain health, and mood regulation, particularly within the hippocampus, where excessive cortisol can negatively impact memory and emotional resilience.

Mood Regulation

DHEA plays an important role in balancing elevated cortisol levels, which can significantly affect mood and emotional well-being. As a hormone that easily crosses the blood-brain barrier, DHEA has been shown to support brain function by increasing β -endorphins, calming glutamate (NMDA) receptor activity, and shielding the brain from the effects of excess cortisol. Clinical research supports these benefits—one double-blind, placebo-controlled study involving 145 participants found that 56% of those taking DHEA experienced improved mood regulation compared to 31% in the placebo group.

Bone Health

DHEA has also been widely studied for its role in maintaining bone health, particularly in aging populations. In a clinical trial of women over age 70, 50 mg/day of DHEA supplementation resulted in improved bone turnover and a reduction in osteoclast activity. Another year-long, placebo-controlled study in 225 women aged 55–85 showed that DHEA at the same dosage had positive effects on bone density markers. These benefits may be linked to DHEA's role as a precursor to estradiol and androgens, hormones known to support bone strength and structure.

† 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.

Inflammatory Balance

DHEA supports a healthy inflammatory response by inhibiting the activation of nuclear factor-kB (NF-kB) and reducing the secretion of inflammatory markers such as IL-6 and IL-2. In a clinical study involving patients with gastrointestinal challenges, those taking 200 mg/day of DHEA for 56 days showed notable improvements in well-being, particularly in markers tied to gut inflammation.

Aging

Research highlights DHEA's role in promoting healthy aging. In a study of individuals aged 90 to 106, higher DHEA levels correlated with better physical functioning in elderly men. Another study of adults aged 60–79 found that 50 mg/day of DHEA helped support bone health, libido, and skin quality—including improvements in hydration, epidermal thickness, and evenness of pigmentation, especially in women over 70.

Hormonal Balance

DHEA is a precursor to both estrogen and testosterone, making it essential for hormonal equilibrium. It also appears to have direct effects on tissues such as muscle, where DHEA receptors are active. A study of women aged 50–65 found that 25 mg/day of DHEA for 12 months led to improved levels of testosterone, estrone, estradiol, and progesterone, with benefits observed as early as three months into supplementation.

Directions

Take 1 tablet daily, or as directed by your healthcare professional.

Does Not Contain

This product contains no gluten, yeast, artificial colors, or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

References

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11. Genazzani AD, Stomati M, Bernardi F, et al. Long-term low-dose dehydroepiandrosterone and oral supplementation in early and late postmenopausal women modulates endocrine parameters and synthesis of neuroactive steroids. *Fertil Steril.* 2003;80:1495- 1501.

Supplement Facts ^{v3}		
Serving Size 1 Tablet		
Servings Per Container 100		
	Amount Per Serving	% Daily Value
1 tablet contains		
DHEA (Dehydroepiandrosterone)	5 mg	*
* Daily Value not established		

ID# 590100 100 Tablets

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