

Pregnenolone



Clinical Applications:

- Supports healthy hormonal balance and stress response
- Promotes memory, learning, and cognitive clarity
- Aids in mood regulation and emotional well-being
- Serves as a key hormonal precursor for DHEA, progesterone, and cortisol

ENDOCRINE HEALTH

What is Pregnenolone?

Pregnenolone is a vital hormone precursor that plays a central role in maintaining hormonal balance, particularly as a building block for cortisol, DHEA, and progesterone. It supports the body's stress response system and helps regulate mood and cognitive function by influencing communication between brain cells, which can enhance learning and memory. As pregnenolone levels naturally decline with age, supplementation may help promote mental clarity, emotional well-being, and overall brain health. Each serving provides 10 mg of pregnenolone in a scored, fast-dissolving tablet for flexible and convenient dosing.

Overview

Pregnenolone is a prohormone naturally produced in the brain, adrenal glands, liver, skin, ovaries, testicles, and even the retina. As a key precursor to DHEA and progesterone, it plays a vital role in helping the body maintain hormonal balance and regulate the cortisol-driven stress response.

Beyond its hormonal role, pregnenolone functions as a neurosteroid, highly concentrated in the brain, where it supports nerve cell growth, myelination, and cognitive function, including memory and mood regulation. Supplementation may be especially beneficial for individuals with low hormone levels, or for those needing support in balancing the cortisol-to-DHEA ratio—a marker often associated with adrenal health and stress resilience.

Deficiency

Pregnenolone levels naturally peak in early life and gradually decline with age. As the precursor to important neurosteroids like DHEA, this decline can leave brain cells more vulnerable to overstimulation by neurotransmitters such as glutamate, which may negatively impact mood, memory, and cognitive function.

Mood Regulation

Research has shown that pregnenolone can play a supportive role in mood balance and cognitive function. It has been found to positively influence neuronal excitability and synaptic plasticity—two key factors in brain communication and mood regulation. Additionally, pregnenolone provides neuroprotective effects by defending against oxidative stress, while also helping to balance the body's stress response system. Clinical studies have demonstrated that individuals with low mood often have reduced blood levels of pregnenolone.

In one study, participants with mood imbalances who received pregnenolone experienced greater mood improvements compared to those given a placebo. Another randomized, double-blind trial found that a daily dose of 30 mg of pregnenolone significantly improved attention, working memory, and mood symptoms, whereas higher doses did not offer additional benefits. These findings highlight the potential of pregnenolone, particularly in low doses, to support emotional well-being and cognitive performance.

† 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.

Learning and Memory

Pregnenolone has been shown in animal studies to support learning and memory, particularly in aging individuals. These effects are thought to occur through the modulation of NMDA and GABA-A receptors, which help regulate cognitive activity. Research indicates that pregnenolone can reverse memory deficits, stimulate neuron regeneration, and enhance acetylcholine production, a key neurotransmitter involved in memory and learning. Additional findings suggest that pregnenolone promotes neuritic outgrowth, supports the formation of myelin, and provides neuroprotection against free radicals. It also helps maintain healthy inflammatory responses, supports neurogenesis, enhances GABA-A receptor activity, and positively influences NMDA receptor signaling—altogether contributing to better cognitive function and overall mental well-being.

Directions

Take 1 or more tablets daily, or as directed by your healthcare provider.

Does Not Contain

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

Cautions

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

Supplement Facts^{v5}

Serving Size 1 Tablet

Servings Per Container 100

1 tablet contains	Amount Per Serving	% Daily Value
Pregnenolone	10 mg	*

* Daily Value not established

References

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