

Understanding DHEA

- **Function:** Serves as a precursor to other hormones like testosterone and estrogen.
- **Levels Over Time:** Peaks in the mid-20s and declines with age.
- **Effects on the Body:** Impacts energy, mood, bone density, and sexual function.
- **For Women:**
 - Postmenopause, the adrenal glands become the primary source of estradiol and progesterone.
 - 50 mg of DHEA per day can increase estradiol levels but not enough to reach optimal levels for hormone replacement.
 - Testosterone levels can increase significantly, sometimes reaching the optimal range.
 - Also Consider Prescription DHEA CREAM.

rone

CH₃

A partial chemical structure of a steroid hormone, likely testosterone or estradiol, is shown in white lines on a dark teal background. The structure features four fused rings (three six-membered and one five-membered) with a methyl group (CH3) attached to one of the rings. The word 'rone' is partially visible above the structure.



DHEA's Impact on Bone Health

For Women:

A 50 mg daily dose led to a 3.6% increase in spine bone density over two years.

A 25 mg dose provided a ~2% increase.

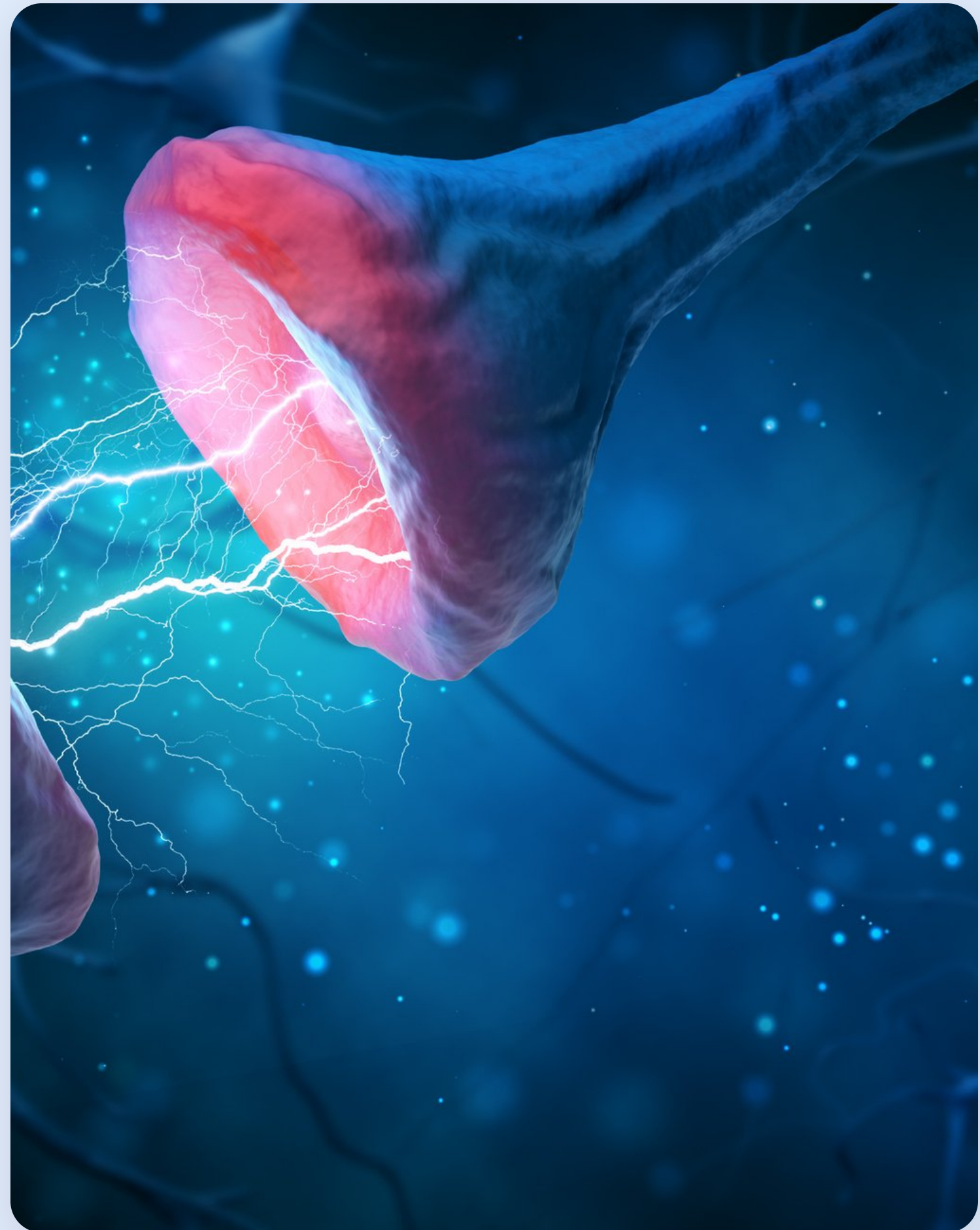
Long-Term Safety of DHEA

DHEA (dehydroepiandrosterone) is a **hormone** that has been shown to help:

- Improve immune function
- Maintain bone density
- Reduce cardiovascular risk
- Enhance sexual well-being

Like most hormones, **DHEA** declines with age.

From a peak in our 20s, DHEA levels fall **80%-90%** as we reach our 70s.¹





Research Supporting Health: Improved measures of healthy longevity have been reported when DHEA is restored to more youthful ranges for men and women.

- Studies on 50 mg doses over 1-2 years showed:
 - Increased testosterone and estradiol.
 - Improved bone density, especially in women.
 - Some improvements in libido and skin quality.

MORE RESEARCH

- A pooled analysis of randomized, controlled trials concluded that "*DHEA therapy may be an effective approach for preserving bone and muscle mass in women.*"⁴
- In an observational study of premenopausal women, DHEA use was associated with significantly improved parameters of **sexual function** in those who had the lowest scores on a sexual function index.⁵
- In a study of women with diminished ovarian reserve who were trying to conceive by *in vitro* fertilization, DHEA intake was associated with **increased pregnancy rates**.⁶

Multiple other studies have found benefits that apply equally to men and women.

One clinical trial showed that DHEA intake can improve mood and emotional health by enhancing connectivity between the **amygdala** (the brain region that involves emotion) and the **hippocampus** (the region central to memory).⁷

Another human trial showed that just six months of DHEA use can decrease **insulin resistance** and **pro-inflammatory cytokines** in elderly patients.⁸



An important observational study published in **December 2020** found that *low* DHEA-S levels were associated with an *increased* risk for **subclinical myocardial injury**, heart failure hospitalization, and **death**.⁹ The study evaluated more than 11,000 men and women, following some for 15 years.

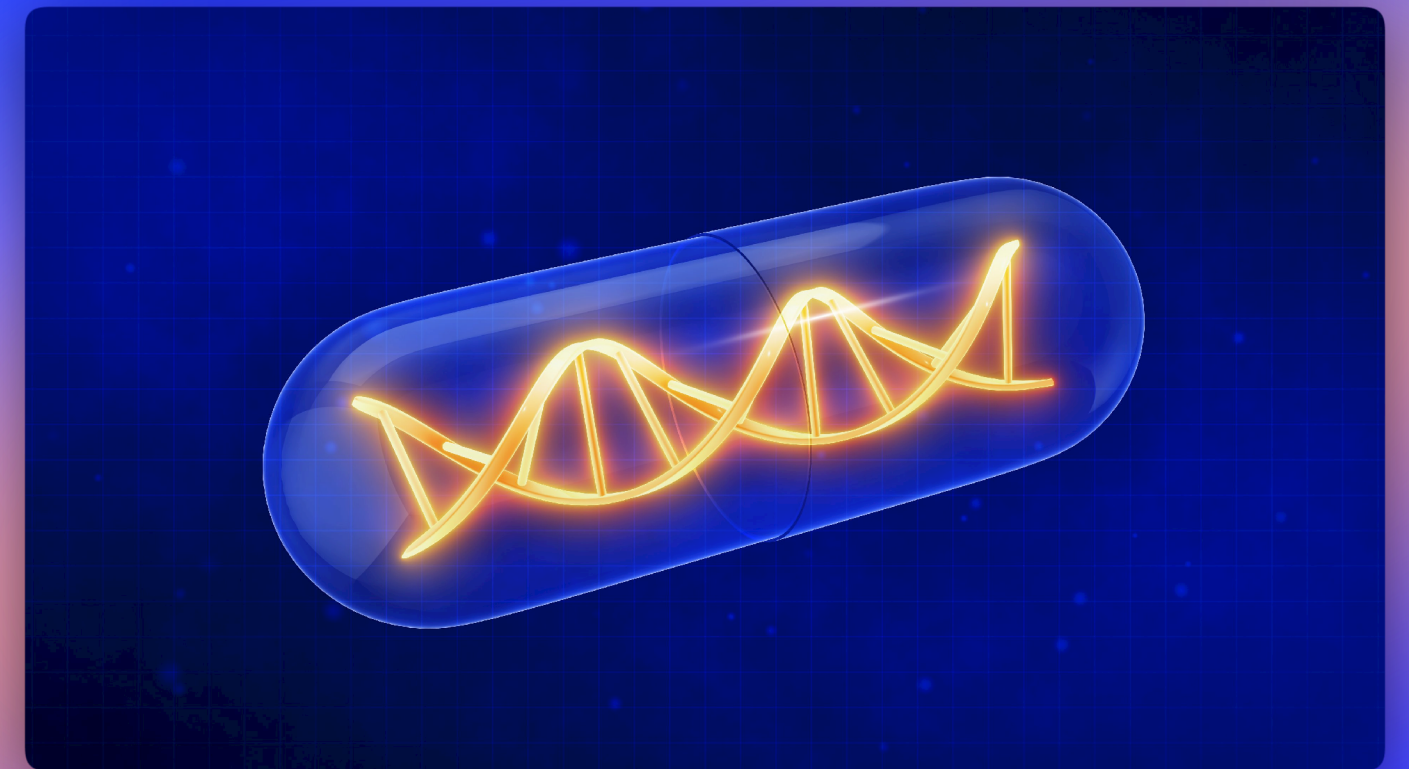
Published studies continue to support the value of maintaining youthful DHEA levels.



Optimal DHEA Dosage

- **For Women:**
 - **15 mg** is a recommended starting dose, with **25 mg** as a possible maximum.
 - **50 mg** is likely too high and may cause side effects.
- **For Men:**
 - **25 mg** is a good starting point, possibly increasing to **50 mg** with monitoring.

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Final Thoughts

- DHEA is a powerful hormone that affects multiple bodily functions.
- Individual responses vary, making proper dosage and monitoring crucial.
- Consulting a specialist ensures safe and effective supplementation.

TRAINERS TIP I RECCOMEND THIS FORM OF DHEA.

[DHEA HERE](#)



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