

Dehydroepiandrosterone (DHEA), also called Prasterone and  $3\beta$ -hydroxyandrost-5-en-17-one, is a steroid hormone primarily produced by the adrenal gland, but also made in small quantities in the gonads and brain. DHEA is a precursor molecule for the creation of other sex hormones, including testosterone and estrogen.



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## **DHEA - The real story — Dr. Joseph Debé | Board Certified Nutritionist**



Although it functions as an endogenous precursor to more potent androgens such as testosterone and DHT, DHEA has been found to possess some degree of androgenic activity in its own right, acting as a low affinity ( $K_i = 1 \mu\text{M}$ ), weak partial agonist of the androgen receptor (AR).

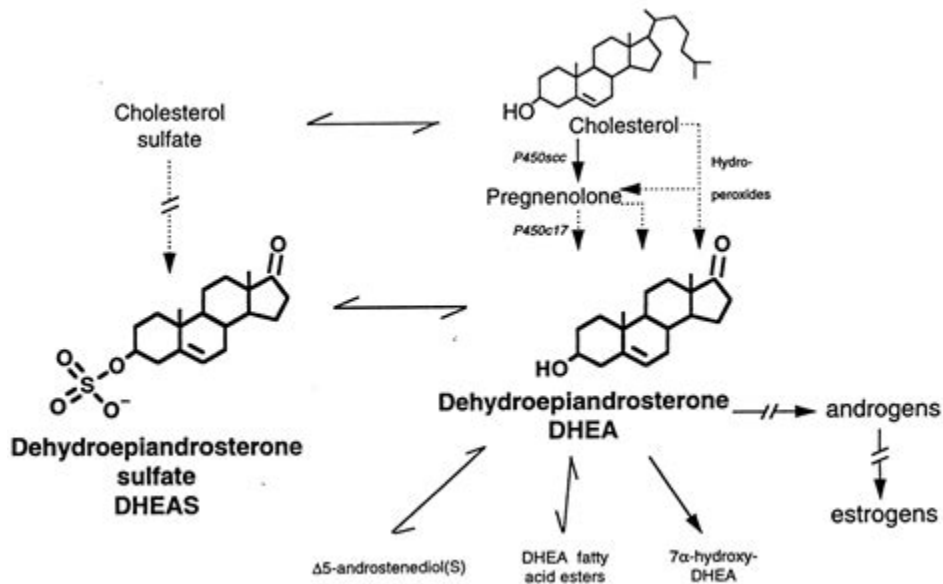
## DHEA Supplement Benefits, Dosage, Side Effects, and More - WebMD

[www.raysahelian.com](http://www.raysahelian.com)

**DHEA supplement  
benefit side effects,  
dosage 5 mg 10 mg  
25 mg, 50 mg  
memory, libido, hair  
loss, prostate**

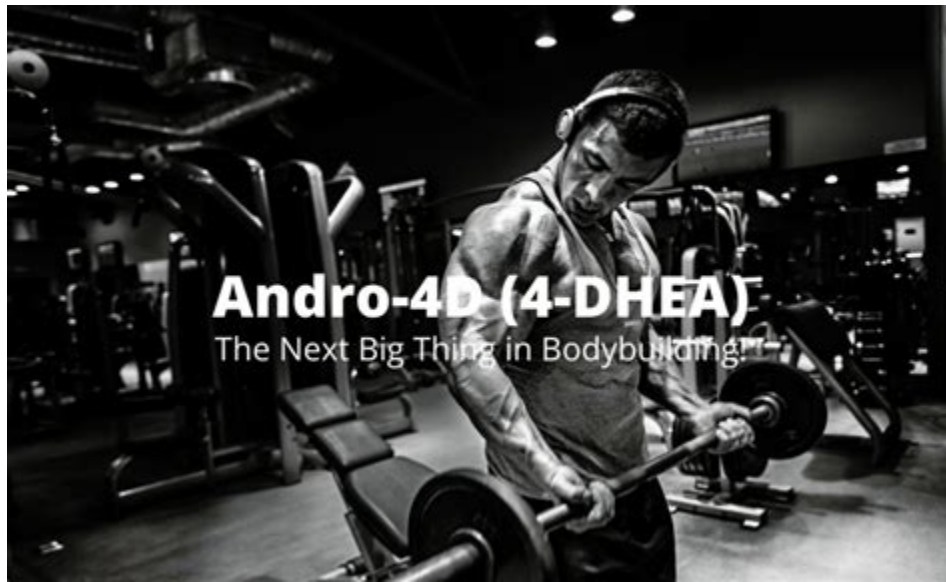
Andro-4D is a pro-hormone that is made up of 4-dehydroepiandrosterone (4-DHEA). It is a hormone that is naturally produced in the human body, but its production declines as we age. Andro-4D is also known as 4-androstenolone or 4-AD, which is the body's most potent endogenous androgen. That means that it can be used to increase testosterone .

# Dehydroepiandrosterone and Dehydroepiandrosterone Sulfate



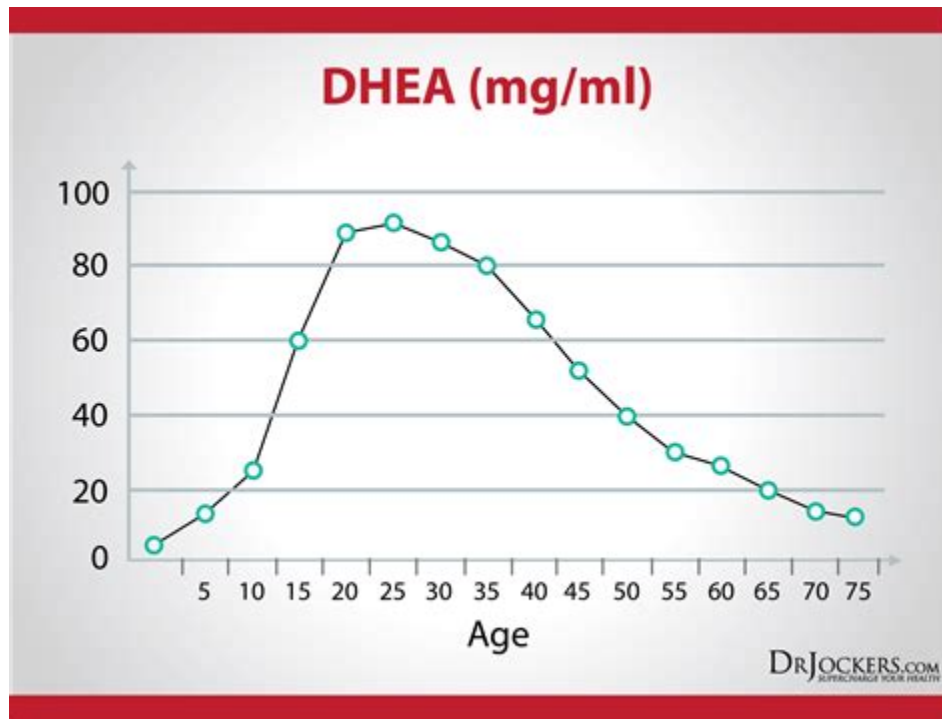
The peak dose of DHEA to restore normal levels is 25 milligrams twice daily. Micronized DHEA is 3 to 4 times better absorbed than non-micronized. Micronization means that the individual particles of DHEA have been reduced to very small size. To conclude, DHEA is a powerful hormone and supplement with potential to do a lot of good.

## Andro-4D (4-DHEA): The Next Big Thing in Bodybuilding!



September 10, 2021 35-40 40 & Up DHEA Egg Health Female Reproductive Health Last updated: January 31, 2023 When women take DHEA (dehydroepiandrosterone) to support ovarian health and egg quality, doctors often monitor their hormone levels to see how well DHEA supplementation is working.

## DHEA Sufate Levels & DHEA Test: Purpose, Procedure, Risks, Results - WebMD



Dosage information. Supplementation of DHEA appears to be effective in persons over 40 in the dosage range of 25-50mg, while prolonged usage of 100mg appears to be safe in this demographic. While the usage of DHEA in young persons for the purpose of testosterone enhancement is not clear, it tends to be used at 200mg for this purpose.

## The Distinction Between DHEA and DHEA-S & Why Both Are Important For a .

D H E A	V E R S U S	D H A
<b>DHEA</b>		<b>DHA</b>
A hormone produced by adrenal glands, serving as a precursor to male and female sex hormones		An omega-3 fatty acid, which is a primary structural component of the human brain, cerebral cortex, skin, and retina
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DHA Vs DHEA: Key Differences, Benefits, And Sources Explained

## DHEA benefits, dosage, and side effects - Examine



**DHEA**  
CREME

Natural Libido Booster  
for Men and Women

**SUPPORTS HEALTHY HORMONE BALANCE**

**BIO AVAILABLE**

**IMPROVES DECLINING DHEA LEVELS**

**NO STRONG FRAGRANCE**

Whole Family Products  
<https://www.wholefamilyproducts.com>

The advertisement features a central image of a smiling couple standing next to a white spray bottle of DHEA Creme. The bottle has a green label with a silhouette of a person. The background is a light blue wall with a brick pattern. Below the main image are four pink and yellow boxes, each containing an icon and a benefit. The icons are: a scale of justice, a leaf with 'BIO' inside, a downward arrow with a box, and a flower. The benefits listed are: 'SUPPORTS HEALTHY HORMONE BALANCE', 'BIO AVAILABLE', 'IMPROVES DECLINING DHEA LEVELS', and 'NO STRONG FRAGRANCE'. The Whole Family Products logo and website URL are at the bottom right.

Nutrition Evidence Based Should You Take DHEA Supplements? DHEA is a hormonal supplement that may improve bone density, decrease body fat, and enhance sexual function. It may benefit older.

## How can DHEA benefit your health? - Medical News Today



**DHEA**

**WHAT IS IT AND HOW CAN DHEA BENEFIT YOUR HEALTH?**

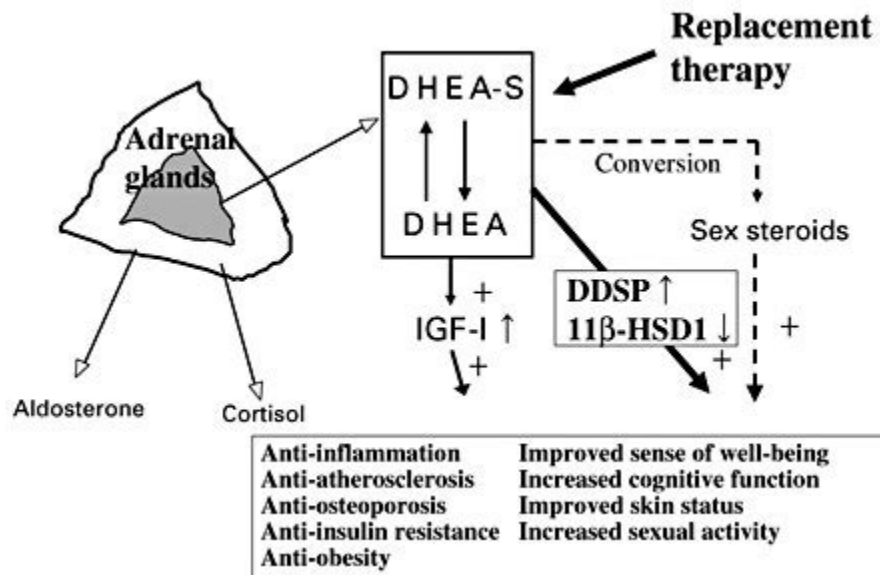
**AskMuscle™**

<https://askmuscle.com/dhea-benefits/>

| Effects of DHEA | Risks of DHEA | How to Use DHEA | How to Take DHEA  
Dehydroepiandrosterone, more commonly known as DHEA, is a hormone that some lifters take in supplement form. .



## DHEA Sulfate: How Does it Differ from DHEA? - My Ovattera



The ZRT Laboratory Blog The Distinction Between DHEA and DHEA-S & Why Both Are Important For a Healthy Brain Dr. Kate Placzek Wednesday, February 08, 2017 Everything we do, feel, think - it all starts with the brain. A balanced, healthy brain helps lay the essential foundation for optimal wellbeing.

## **DHEA Supplements: Benefits, Uses, Side Effects and Dosage - Healthline**

# 5 BENEFITS OF DHEA

## Improves Sexual Health

An intravaginal DHEA-based drug called prasterone is available by prescription for menopausal women, which can improve vaginal dryness and discomfort. It also improves lubrication, desire and orgasm, allowing women to experience better, less painful sex. However, it's not without risk because prasterone, like any estrogen-related hormone therapy, may increase the risk of breast cancer.

## May Offset Some Aspects of the Aging Process

Part of the natural process of aging is the slowed production of testosterone, estrogen and DHEA (x). Research suggests that DHEA supplementation may increase bone mineral density and muscle mass in older women, but the evidence is unclear. Moreover, the connection between DHEA supplementation and breast cancer risks to postmenopausal women is also unclear, so it may not be a prescribing doctor's first recommended therapy.

## May Improve Mood and Sense of Well-Being

People have reported an improvement in their cognitive function, mood and well-being after taking DHEA for a period longer than a week. However, the science doesn't fully back up these claims.

A seven-day, double blind study was conducted on 24 healthy young men who took a placebo or 150 mg daily of DHEA. The study took place because lab rats in a similar trial showed an increase in cognition. With humans, though, researchers found a decrease in the hormone cortisol (a steroid hormone linked to stress) along with improved mood and memory function. While the findings were interesting, the trial was too short to produce conclusive results.

## May Reduce Suffering for Patients with Chronic Illnesses

In recent years, DHEA has been studied in relation to several chronic diseases like adrenal hormone deficiency, lupus and chronic fatigue syndrome (CFS).

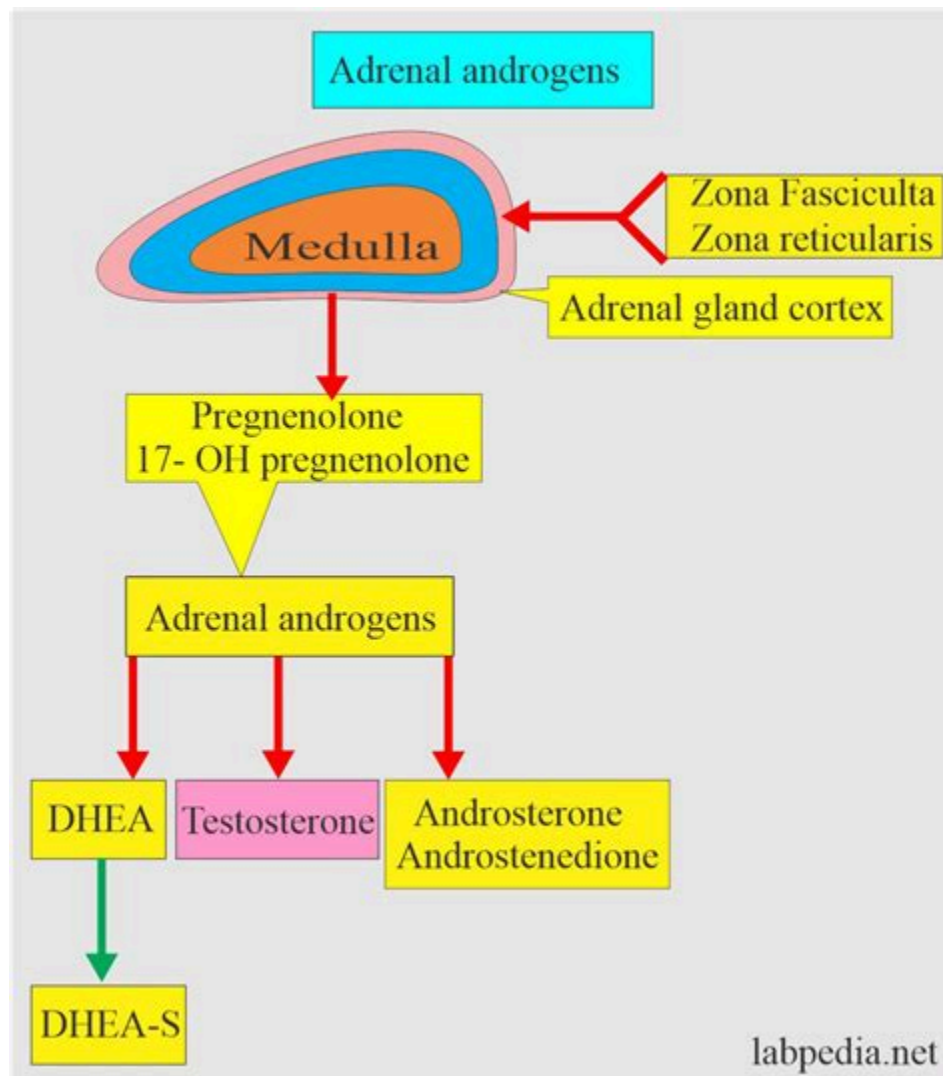
For instance, in the case of CFS, scientists have pointed to DHEA deficiency as an important area of focus. One study found that 89 percent of participants had "suboptimal" production! More research is ongoing as to how DHEA supplementation may help CFS patients.

## Fertility

In recent years, DHEA has been increasingly used by women trying to conceive through in vitro fertilization (IVF). Under the strict supervision of doctors, women with diminished ovarian reserve (DOR) have been given DHEA to attempt to increase the quality and quantity of eggs produced in an IVF cycle. Findings report that women may produce more eggs and embryos as a result due to increases in androgen levels. Eggs in an androgen-boosted environment may develop into robust embryos whose chances of uterine implantation may be higher.

DHEA has been tested for use in many diseases, including depression, osteoporosis, and lupus, but there is little evidence to confirm its benefits. Side effects can include additional hair growth .

### Comparative effects of DHEA vs. testosterone, dihydrotestosterone, and .



DHA Vs. DHEA. DHA and DHEA, despite being similar acronyms, are two different things entirely. Docosahexaenoic acid an omega-3 fatty acid derived from food sources, while dehydroepiandrosterone is a synthetic hormone. DHA and DHEA are regulated by the U. S. Food & Drug Administration as dietary supplements and can be associated with no specific .

## DHA Vs. DHEA | Healthfully

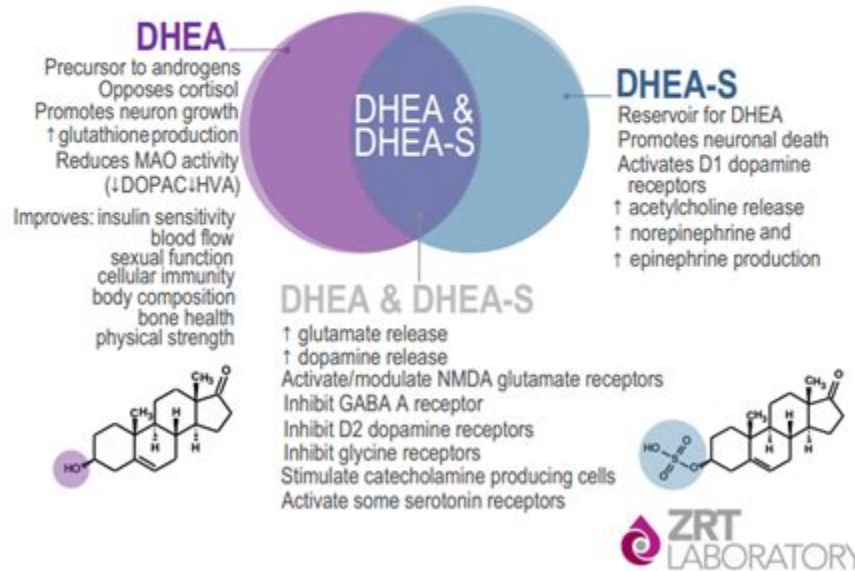
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High DHEA-S Levels. In women, this can cause symptoms like: No menstrual periods. A lot of body and facial hair. Lots of acne. Hair loss. Fertility problems. Other traits usually found in men .

## What is the difference between DHEA 1-DHEA 4-DHEA R-DHEA and 7-DHEA?

### A More In-depth Look at DHEA and DHEA-S Functions in the Brain and Periphery

Together, DHEA and DHEA-S possess anti-inflammatory, antioxidant, neuroprotective and anti-glucocorticoid activity. Both molecules regulate cognitive function, memory enhancement, and provide relief from depressive symptomatology.



1 Sep 5, 2016 #1 DHEA (dehydroepiandrosterone) (Super-5-DHEA†) Main effects + Anti-aging (youthful energy) + Exercise endurance + Recovery + Fat loss + Muscle sparing (anti-catabolic) + Immune system Primary metabolite - 5-androstenediol (5-AD) Description - DHEA is considered "generic" or regular DHEA.

### DHEA Derivatives - King of Legal Anabolic Supplements?



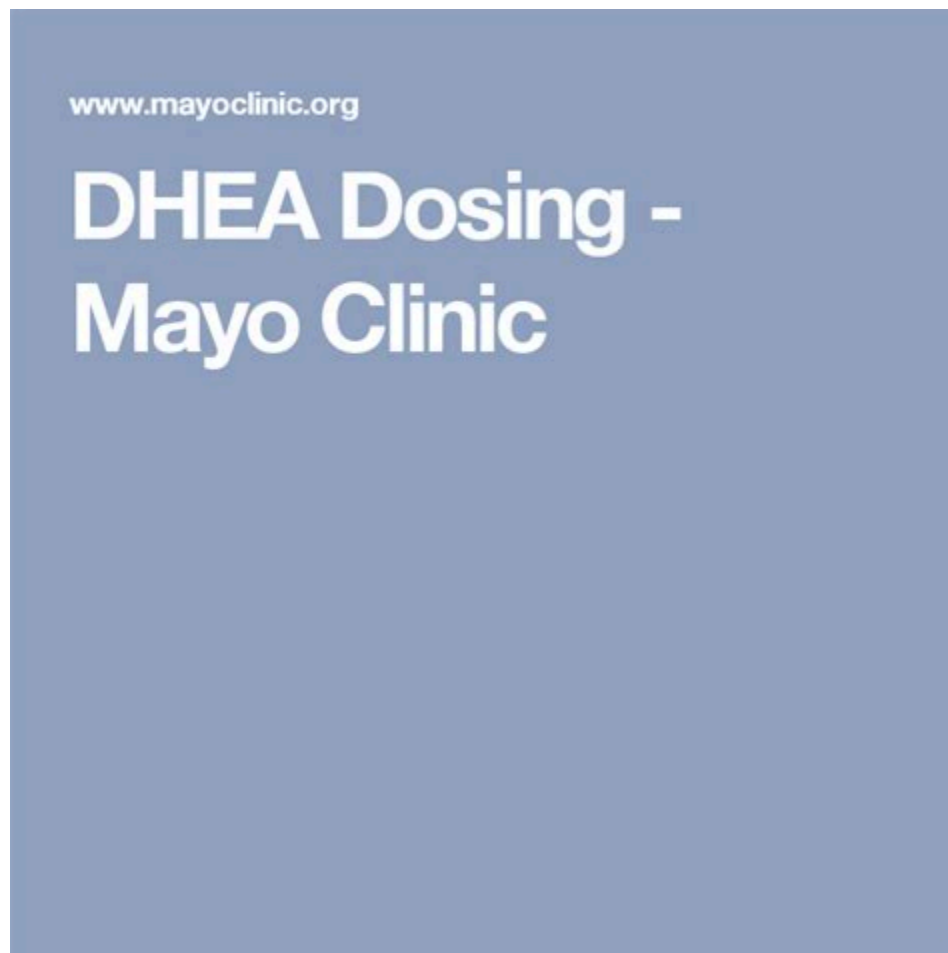
Most side effects are mild, like headache, fatigue, insomnia, and congestion. Because DHEA affects hormone levels, it can cause other symptoms. Women may have abnormal periods, acne, or mood .

## DHEAS Test (DHEA Sulfate Test) - Cleveland Clinic



Overview What is a DHEA sulfate (DHEAS) test? A DHEAS test measures levels of dehydroepiandrosterone sulfate (DHEAS) in your blood. Your adrenal glands make DHEA sulfate, a steroid hormone found in all sexes. DHEAS levels tend to peak around puberty and then naturally decline with age. Advertisement

## DHEA - Mayo Clinic



4-DHEA Prohormone Benefits & Side Effects | Vintage Muscle 4-DHEA is the closest thing to a natural steroid and perhaps the best way to build massive muscle in a legal and safe manner. Here is the full review!



## DHA Vs DHEA: Key Differences, Benefits, And Sources Explained

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One of the main benefits of 4-DHEA vs DHEA supplementation is that while 4-DHEA can still convert to estrogen, it cannot directly interact with the estrogen receptor (ER) like DHEA can. DHEA and certain metabolites have been shown to interact with and competitively bind to the ER.

## What Is DHEA and How Is It Used? | BarBend

**ALL NATURAL  
DHEA 20  
CREAM™**

PRODUCT FEATURES

**REDUCE STUBBORN  
ABDOMINAL FAT**

**ENHANCE  
MEMORY AND MOOD**

**REDUCE RISKS OF  
CARDIOVASCULAR DISEASE**

**B30Labs  
PRO**

**ALL NATURAL  
DHEA 20  
CREAM™**

**BIOSYNTHETIC DHEA**

**BOOST IMMUNITY**

**INCREASE SEXUAL DESIRE  
AND PHYSICAL RESPONSE**

DHEA levels may be lower during different times of the day. But DHEA-S levels don't change through the day. In both men and women, the sex hormones estrogen and testosterone depend on DHEA. DHEA also has a role in the making of insulin growth factor-1 (IGF-1). IGF-1 helps with muscle growth and insulin sensitivity.

## What Should Athletes Know about DHEA? | USADA



Dehydroepiandrosterone (DHEA), is a naturally occurring hormone produced by the adrenal glands that is sold in supplement form. The body uses DHEA to produce the female and male sex hormones estrogen and testosterone. As you age, levels of both start to decline, eventually measuring one-tenth to one-twentieth of what would be seen in a 25-year-old.

## **DHEA: Uses, Benefits, Side Effects, Dosage, Precautions - Verywell Health**

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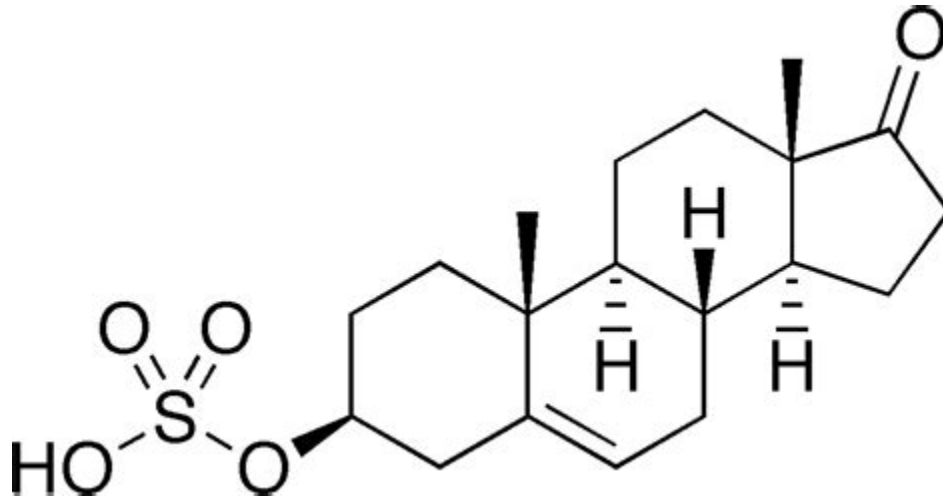
From days 1 to 5, DHEA-induced proliferation was less than that induced by all other hormones ( $P < 0.0001$ , except at day 5 DHEA vs. E 2,  $P = 0.04$ ). At day 8, DHEA-stimulated proliferation exceeded those induced by DHT and E 2 ( $P < 0.0001$ ). The morphology of the LNCaP cells was not altered by any of the hormonal treatments. Fig. 1.

### The difference between DHEA 1-DHEA 4-DHEA R-DHEA and 7-DHEA

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Overview Dehydroepiandrosterone (DHEA) is a hormone that your body naturally produces in the adrenal gland. DHEA helps produce other hormones, including testosterone and estrogen. Natural DHEA levels peak in early adulthood and then slowly fall as you age. A synthetic version of DHEA is available as a tablet, capsule, powder, topical cream and gel.

## Dehydroepiandrosterone - Wikipedia



What is the difference between DHEA 1-DHEA 4-DHEA R-DHEA and 7-DHEA? | androseries ← Pharmacokinetics and Pharmacodynamics of Steroid Esters Don't Get Ripped off by Carbs and Get Ripped with Saturated fat → What is the difference between DHEA 1-DHEA 4-DHEA R-DHEA and 7-DHEA? April 3, 2011 5 Comments More Loading. Related

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