

The most plentiful adrenal steroid in the blood of humans, DHEA (dehydroepiandrosterone) is manufactured in the adrenal glands, as well as in the testes and in the brain. Produced abundantly during youth, DHEA levels peak at about age 25, but decrease by more than 50% at around age 55. Because DHEA is integral to such a wide variety of important functions, this decline may leave the body vulnerable to various health problems.

Researchers have discovered critical links between DHEA and improved brain, cardiovascular, and immune function. The hormone also functions to stimulate bone deposition, increase the percentage of muscle mass, and decrease the percentage of body fat.

Many Beneficial Functions

DHEA plays a role in controlling age-related increases in blood glucose and insulin resistance, a crucial factor in maintaining youthful tissues in the circulatory system. Elderly patients with cognitive difficulties had significantly lower blood levels of DHEA than control groups. Supplemental DHEA was shown to increase physical and psychological well-being in men and women, including better sleep and ability to handle stress.

DHEA's diverse biological activities may result from its anti-cortisol action. Cortisol is produced by the adrenal glands in response to stress, but our stress-inducing culture is causing a vast overload of cortisol in many people. This excess cortisol can damage cells and tissues, contributing to the aging process.

7-KETO DHEA is More Active

Researchers have identified 7-KETO DHEA as an active ingredient of DHEA. When tested, it significantly outperformed its parent compound. Animal



Strategies for WellnessSM

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studies found 7-KETO DHEA to be 2.5 times more active than DHEA at increasing liver thermogenic enzymes. Optimal mitochondrial enzyme activity is crucial to the production of cellular energy for mental and physical activity. As an active inducer of thermogenic enzymes, 7-KETO DHEA provides support for dieting or strength training.

Not Converted to Sex Hormones

Although DHEA is an intermediate in the biosynthesis of estrogens and testosterone, 7-keto DHEA is not. Therefore 7-KETO DHEA cannot be metabolized into active estrogenic or androgenic sex hormones and does not cause the imbalances and undesirable side effects of its parent compound.

A Safe Strategy to Age Well

Research has shown that supplementation of 7-KETO DHEA is well tolerated. Evaluated for safety in human clinical trials and animal studies, 7-KETO DHEA had no adverse effects, even at doses up to 200 mg/day. Adding Source Naturals 7-KETO DHEA to your supplement regimen is a profound yet easy way to minimize the wear and tear over time on your body, and has the potential to put more life in your years.

References

Bobyleva, V. et al. 1997. The Effects of the Ergosteroid 3-Acetyl-7-Oxo-Dehydroepiandrosterone on mitochondrial membrane potential: possible relationship to thermogenesis. *Arch Biochem and Biophys* 341:122-128.

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EFFECTIVE ANTI-AGING COMPOUND 7-KETO DHEA



7-KETO DHEA is considered by nutritional scientists to be among the most effective compounds for anti-aging and health. Produced in the body, DHEA (dehydroepiandrosterone) is a natural hormone responsible for many vital functions in the body. Its production declines with age, however, and low levels of DHEA have been linked to lack of energy, loss of memory, and decreased immunity.

Before its active metabolite 7-KETO DHEA was discovered, supplementation with DHEA had mixed results. But 7-KETO DHEA has all the benefits of its parent compound, without the downside. It retains and enhances the thermogenic, neurological, and immunological activity of DHEA, but cannot be metabolized into unwanted testosterone or estrogens.

A safe and more active form of an essential hormone, Source Naturals 7-KETO DHEA is nutritional science at its best—quality you can trust to help protect against the ravages of time.



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