

7-KETO DHEA FACT SHEET

1) What is 7-Keto DHEA?

7-Keto DHEA is a metabolite of DHEA, an abbreviation for Dehydroepiandrosterone. 7-Keto is formed when the DHEA hormone breaks down.

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing 7-Keto DHEA?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4) I am taking medication for epilepsy, can I take 7-Keto DHEA?

No, as 7-Keto DHEA can make seizures worse.

5) I am on blood-thinning medication; can I take 7-Keto DHEA as well?

I'm afraid the answer is no, as 7-Keto DHEA could seriously affect how the medication works. If you would like confirmation we can contact our in-house doctor for you.

6) Why do I need to take 7-Keto DHEA?

7-Keto DHEA has the same benefits as Micron 5 DHEA, but does not cause any of the known side effects of Micron 5 DHEA supplementation especially hormone levels.

7) Are there any side effects associated with 7-Keto DHEA?

If 7-Keto DHEA is taken at the recommended dose, then side effects are uncommon, however palpitations and hair loss may be induced in some people taking higher doses. If you become aware of any side effects, discontinue use.

8) What is the difference between 7-Keto DHEA and DHEA?

7-Keto DHEA is not converted to androgens and oestrogens and therefore is much safer as it does not raise these sex hormones. 7-Keto DHEA also gives you all the benefits of DHEA's anti ageing properties.

9) I am already taking Revitanol+; do I need to change over to 7-Keto DHEA?

No. The DHEA in Revitanol+ has automatically been replaced with 7-Keto DHEA. However, there are herbal ingredients in the Revitanol+, which might not agree with some people, so if this is the case then 7-Keto would be the preferable option.

- 10) What is the safe amount of 7-Keto DHEA to take in one day?
For both women and men, 50mg of 7-Keto DHEA are an acceptable dosage in a day.
- 11) Will 7-Keto DHEA help me to lose weight?
7-Keto DHEA is not in itself a weight loss formula, but it does increase thermogenic enzyme activity (the conversion of fat into energy), which can increase metabolic performance, reduce body weight and body fat. In order to lose weight successfully though, it is important to stick to a healthy eating plan, avoid saturated fats and refined carbohydrates as well as taking regular exercise.
- 12) How else will I benefit from supplementing 7-Keto DHEA?
7-Keto DHEA can help to support healthy thyroid function, raise energy levels, endurance, limb power, strength and agility, which can lead to improved sexual function and performance.
- 13) I suffer from Multiple Sclerosis and have heard that I may benefit from supplementing 7-Keto DHEA. Is this true?
7-Keto DHEA does seem to help in Multiple Sclerosis sufferers. One study by Dr. Roberts in 1990 indicated that M.S. victims had low DHEA levels, which were improved by DHEA administration. It was also noted that the majority of these patients had discernable improvement in their daily quality of life including increased energy levels, better dexterity, greater limb strength, decreased sensations of numbness, more power in the lower limbs and even an increase in libido. Another 1990 study by Dr. Calabrese concluded that DHEA helped to improve the fatigue so often associated with M.S.
- 14) What will happen if I'm taking 7-Keto DHEA and decide to stop taking it for a few days? Would I lose any of the benefits?
It is unlikely that having a few days break from 7-Keto DHEA will result in benefits being lost.
- 15) Will 7-Keto DHEA help with Diabetes Types I and Diabetes Type II?
At this stage there is no conclusive evidence that 7-Keto DHEA will help with the symptoms of either form of Diabetes. Diabetic sufferers can use 7-Keto DHEA, as an anti ageing formula only. We would however, strongly urge that you inform your doctor before supplementing 7-Keto DHEA.
- 16) I am taking anxiety tablets – Seroxat. Will 7-Keto DHEA exacerbate my anxiety?
There is some evidence to suggest that DHEA derivatives increase sensitivity to Seroxat, so we would not recommend supplementing 7-Keto DHEA.
- 17) Can I use 7-Keto DHEA if I have previously suffered from or presently have any type of hormonal cancer?
No, we would not recommend that you use any form of DHEA in this case as some cancers are hormone sensitive and their growth may be stimulated by the oestrogen or testosterone derived from DHEA.

- 18) I am taking Corticosteroids, is it worthwhile supplementing 7-Keto DHEA?
It is safe to take 7-keto Dhea and even Micron 5 Dhea - doing so might even reduce the dosage of steroids that is required - as ever - your doctor should be informed.
There are no known adverse interactions between 7-Keto and steroids.
- 19) Will 7-Keto DHEA help with menopausal symptoms?
No, there is no evidence to suggest that 7-Keto DHEA does help, but Micron 5 DHEA is more preferable in these circumstances as it can affect other hormone levels.
- 20) I suffer from high blood pressure; can I safely take 7-Keto DHEA?
Anyone suffering from hypertension that is NOT taking medication should avoid using any form of DHEA, as there is a slight risk that it can increase blood pressure. Those suffering from hypertension that are taking medication should only supplement DHEA in any form, under the close supervision of a doctor as it can increase blood pressure.
- 21) Can I take 7-Keto DHEA if I have a Thyroid condition, either under active or over active?
7-Keto DHEA should be avoided if you have an existing over active thyroid condition. **If however you have an under active thyroid you must consult your doctor before taking 7-Keto DHEA.**
- 22) I am taking HRT; can I still take 7-Keto DHEA?
There are no known contraindications with 7-Keto DHEA and HRT, so yes would be the answer, but at a lower dose (ie: one capsule every other day).
- 23) Can I take 7-Keto with other WWH products?
Can be taken alongside any other products except Revitanol+, GHX Companion and Micron 5 DHEA.

Ingredients per capsule

7-Keto DHEA	50mg
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Contains no yeast, soy, wheat, eggs, milk, preservatives, artificial flavours and colours.