

## **PREGNENOLONE FACT SHEET**

1. What is Pregnenolone?

It is a natural hormone produced by our adrenal gland, derived from cholesterol. This does not mean that if you have high cholesterol levels you do not need a pregnenolone supplement. It is a substance that needs to be present in order for hormones such as DHEA and Progesterone to be made.

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, who is based in Harley Street, and put any questions to him for you.

3. I am taking other prescribed/complimentary medication; do I really need to tell your doctor before supplementing Pregnenolone?

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 Pregnenolone?

No, as Pregnenolone can make seizures worse.

5. I am on blood-thinning medication, can I take Pregnenolone as well?

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

6. Why do we need to supplement it if our bodies produce it?

Like many of the hormones in our bodies, the levels of Pregnenolone decrease with age. By age 75 the concentrations in our blood can be 60% lower than they were at 35, and by the time we are age 90, the Pregnenolone levels are less than 5%.

7. What are the major effects of taking a Pregnenolone supplement?

Both men and women may experience greater mental acuity, improved energy levels and reflexes, along with a strengthened immune system due to lower stress levels.

8. Are there any side effects?

Like Melatonin, Pregnenolone has no recorded side effects. In one study of 25 men taking 25-75mg of oral Pregnenolone daily, only one reported a side effect, which was a small skin irritation that cleared once supplementation stopped. However, this was an isolated case and not a proven side effect of the hormone.

9. Can it be taken with DHEA and Melatonin?

Yes, it can as all three supplements work very well together, and as some of the major effects are similar with each product, they do work in different ways.

10. What about other supplements i.e. vitamins?

It is vital to take a comprehensive course of vitamins and minerals at any age, so the Pregnenolone will make no difference to these supplements, as it is hormonal it can be added to nearly every supplement regime.

11. Will the Pregnenolone really make a difference to my memory?

As the level of Pregnenolone in our brains decrease with age, so do our memory. In studies done in St.Louis University School of Medicine, the findings were conclusive on the effects Pregnenolone have on the brain. The male subjects found that their ability to perform in visual spatial task and tasks that required three-dimensional thinking improved. Also the female subjects found that their ability to deal with verbal recall tasks was much improved. Pregnenolone has also made a difference to those suffering from illness' that affected the memory and although the illness was not cured, the conditions are greatly improved.

12. Can Pregnenolone help if I suffer form depression?

Although there have been no specific trials testing the effectiveness of Pregnenolone on depressive disorders, we do know that it is perfectly safe, well tolerated and creates a feeling of good being. Therefore in mild cases of depression we see no reason why it should not help and would certainly be tolerated by the body much better than taking drugs.

13. Pregnenolone and the Immune system.

Although studies on Pregnenolone and the immune system are scarce, this is mainly because the first studies done were on the effects of Pregnenolone on autoimmune diseases. These are conditions where the body's immune system attacks itself; unaware that it is creating problems. The most predominant studies were on Rheumatoid Arthritis and lupus, both autoimmune disorders. In one study carried out in the 1950's, 250mg of Pregnenolone was issued daily to those suffering from lupus and three out of four subjects found a difference, others reported relief in joint pain. This is not conclusive evidence that Pregnenolone is a cure, but it certainly shows that it can make a difference to people's lives.

14. How long do I need to take it for?

With any supplement, you will only receive benefits from them whilst you are taking them; this supplement is no different. There are no contra-indications with the long-term use of Pregnenolone.

15. What dosage should I be taking?

Dosages of Pregnenolone are determined by our age, no one really knows what the recommended daily dosage is, but most of the research has been carried out using 50mg or less, so it would appear that the maximum daily intake is 50mg. These are only guidelines and do not suit everyone, to find the correct dosage for you, a certain amount of trial & error will need to be used.

### **Ingredients per capsule**

Pregnenolone

50mg