PREGNENOLONE

WHAT IS PREGNENOLONE?
Pregnenolone is a steroid hormone produced by the adrenal glands and synthesized directly from cholesterol. All the other steroid hormones are produced from Pregnenolone – Progesterone, the estrogens and Testosterone.

POTENTIAL BENEFITS
Pregnenolone hormone replacement has many purported benefits including improved transmission of nerve impulses and facilitating communication between brain cells, thus having a significant effect on memory and emotional and mood disorders. It also shows improvement in joint pain and mobility as well as decreasing fatigue and enhancing endurance.

HOW IS PREGNENOLONE USED?
When ordered on prescription, Pregnenolone is given in replacement dosages of up to 100 mg orally per day. Pregnenolone products sold in health food stores contain much too small a dose to have much (if any!) physiological effects. It also is only a nutritional grade product, unlike the much higher pharmaceutical grade product available on prescription.

POSSIBLE SIDE EFFECTS
In the prescribed dosages, Pregnenolone is extremely safe and relatively free from any side effects. The most commonly reported side effects include drowsiness and stomach upset (which can be avoided by taking with a meal). It is recommended that the daily dose be given once in the evening or in divided doses—one in the morning and once in the evening.

PRECAUTIONS
Patients with reproductive pre-cancerous conditions or reproductive cancers should not use Pregnenolone, unless under the monitoring of a qualified physician. Check with your doctor and/or pharmacist before taking any new prescription or over-the-counter medications. It is recommended that antioxidant supplements, such as Vitamin E, be taken along with Pregnenolone administration.