

DHEA (Dehydroepiandrosterone)

Medication:

Your medication may contain the hormone DHEA that is a precursor for many other hormones in the human body.

Uses:

Supplementation of DHEA has been claimed to have antiaging effects (i.e. increasing libido), improve immune function, increase muscle mass, and improve overall energy, mood, and memory. Has also been used for depression, diabetes (type 2), and lupus. Considered beneficial for improving memory, mental function, increasing muscle mass, improving arthritis, improving cholesterol levels, improving bone density, improving the immune system and enhancing the quality of life in aging men and women.

Directions:

Oral preparations may be taken with or without food as directed by your physician. If not otherwise indicated, DHEA should be taken in the evening. Follow dosage directions exactly.

Side Effects:

DHEA should not be supplemented unless deficiency has been diagnosed. Too much DHEA can cause acne, oily complexion, agitation, and possible hair loss. Because excessive amounts of DHEA will convert to estrogen and testosterone, other hormonal symptoms may also occur. Please consult your physician or pharmacist if you experience any of these symptoms or have any questions.

Precautions:

Tell your doctor if you have diabetes or liver problems.

Missed Dose:

It is important to take each dose as directed in order to gain the most benefit. If you miss a dose, take next dose as soon as possible. If almost time for the next dose, skip the missed dose and return to your regular schedule. Do not take a double dose or extra doses to catch up.

Storage: Store at controlled room temperature. Keep away from moisture (i.e. bathroom or kitchen). Keep out of reach of children.