

## DHEA 5 mg Sublingual Micronized Dehydroepiandrosterone

### DESCRIPTION

DHEA tablets, provided by Douglas Laboratories, contain the highest purity dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP).

### FUNCTIONS

DHEA is a natural steroid hormone that is synthesized from cholesterol through pregnenolone by the adrenal glands. DHEA acts as an antagonist for glucocorticosteroid hormones and is the parent precursor for other important steroid hormones, such as estradiol and other estrogens, and testosterone. While not a precursor to progesterone, DHEA can indirectly influence progesterone synthesis through a feedback mechanism whereby pregnenolone is converted to progesterone based on DHEA levels. Apart from these functions, DHEA also has important biological functions itself. Recent experimental and human studies show that DHEA is involved in a large variety of physiological processes, including immune function, brain function, bone metabolism, blood lipid metabolism, energy metabolism, the regulation of normal blood sugar and insulin levels, and the maintenance of lean body mass. DHEA and its metabolite DHEA sulfate are present in human adult plasma in concentrations of 0.01-0.02 mM and 5 to 7 mM, respectively. DHEA sulfate levels are low in early childhood; begin to rise after age 7, peak at age 20-24, and then drop at a rate of approximately 20% per decade, until at age 85-90, levels are 10-15% of what they used to be at age 20-30. DHEA levels also decline under a variety of conditions of physiological stress, such as acute and chronic infections, and trauma. Vegetarians have been shown to have decreased DHEA levels as well.

### INDICATIONS

DHEA tablets may be a useful nutritional adjunct for individuals who wish to support the body's normal DHEA functions.

### FORMULA (#83025)

Each Bisect, Sublingual Tablet Contains:

DHEA ..... 5 mg  
(Dehydro-epi-androsterone)

*DHEA is micronized to increase absorption. It is made with pure, pharmaceutical grade DHEA.*

### SUGGESTED USE

Adults take ½ to 1 tablet daily as directed by a healthcare professional only. May be taken by allowing tablet to dissolve in mouth or swallowed with water or juice.

### SIDE EFFECTS

#### Warning:

Please consult your physician before using this product.

Not to be taken by individuals under the age of 18. Do not use this product if you have breast, uterine, ovarian or prostate problems. If you are at risk for or have prostate, breast, uterine or ovarian cancer you should not use this product. If you are pregnant, nursing or taking prescription medication, especially other hormones or MAOIs (Monoamine Oxidase Inhibitors) consult with your physician before using this product. This product may cause changes in liver function, alterations in hormone profiles, increased facial hair, acne, and mood swings. This product may cause virilization in women.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children. Do not refrigerate.

## DHEA 5 mg Sublingual Micronized Dehydroepiandrosterone

### REFERENCES

- Araneo B, Daynes R. *Endocrinology* 1995;136:393-401.
- Araneo BA, Shelby J, Li GZ, Ku W, Daynes RA. *Arch Surg* 1993;128:318-25.
- Azuma T, Nagai Y, Saito T, Funauchi M, Matsubara T, Sakoda S. *J Neurol Sci* 1999;162:69-73.
- Beer NA, Jakubowicz DJ, Matt DW, Beer RM, Nestler JE. *Am J Med Sci* 1996;311:205-10.
- Berdanier CD, Parente JA, Jr., McIntosh MK. *Faseb J* 1993;7:414-9.
- De Pergola G, et al. *Int J Obes Relat Metab Disord* 1994;18:659-64.
- De Pergola G, et al. *Int J Obes Relat Metab Disord* 1996;20:1105-10.
- Eich DM, et al. *Circulation* 1993;87:261-9.
- Evans TG, Judd ME, Dowell T, Poe S, Daynes RA, Araneo BA. *Vaccine* 1996;14:1531-7.
- Flynn MA, Weaver-Osterholtz D, Sharpe-Timms KL, Allen S, Krause G. *J Clin Endocrinol Metab* 1999;84:1527-33.
- Garcia-Estrada J, Luquin S, Fernandez AM, Garcia-Segura LM. *Int J Dev Neurosci* 1999;17:145-51.
- Glaser JL, et al. *J Behav Med* 1992;15:327-41.
- Hall GM, Perry LA, Spector TD. *Ann Rheum Dis* 1993;52:211-4.
- Jesse RL, Loesser K, Eich DM, Qian YZ, Hess ML, Nestler JE. *Ann N Y Acad Sci* 1995;774:281-90.
- Katz S, Morales AJ. *Semin Reprod Endocrinol* 1998;16:161-70.
- Lee J, et al. *Alcohol Clin Exp Res* 1999;23:856-62.
- Legrain S, et al. *Gerontology* 1995;41:343-51.
- Morales AJ, Haubrich RH, Hwang JY, Asakura H, Yen SS. *Clin Endocrinol (Oxf)* 1998;49:421-32.
- Morales AJ, Nolan JJ, Nelson JC, Yen SS. *J Clin Endocrinol Metab* 1995 Sep;80(9):2799]. *J Clin Endocrinol Metab* 1994;78:1360-7.
- Nestler JE, Clore JN, Blackard WG. *Faseb J* 1992;6:3073-5.
- van Vollenhoven RF, Park JL, Genovese MC, West JP, McGuire JL. *Lupus* 1999;8:181-7.
- Wolkowitz OM, Reus VI, Keebler A, Nelson N, Friedland M, Brizendine L, Roberts E. *Am J Psychiatry* 1999;156:646-9.
- Yu CK, Yang BC, Lei HY, Chen YC, Liu YH, Chen CC, Liu CW. *Clin Exp Allergy* 1999;29:414-22.
- Lee D, et al. *Clin Endocrinol (Oxf)*. 2015 Feb 18.

**For more information on DHEA 5 Sublingual visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



**You trust Douglas Laboratories.  
Your patients trust you.**