



Pregnenolone

Introduced 1997



What Is It?

Pregnenolone, 3-alpha-hydroxy-5-beta-pregnen-20-one, is a precursor to over 150 steroid hormones and is produced naturally in the body from cholesterol.

Uses For Pregnenolone

Memory Support: Animal studies have reported that pregnenolone may help to enhance memory by modulating N-methyl-D-aspartate (NMDA) and gamma aminobutyrate (GABA) receptor activity in the brain. One study suggested that pregnenolone helped promote post-training task learning and memory.*

Immune Health: One study indicated that the 7-hydroxy metabolites from pregnenolone may help promote healthy immune system response.*

Mood Support: Pregnenolone has been reported to help promote feelings of emotional well-being. One study suggested that pregnenolone supported positive mood and feelings of motivation by mediating dopamine release.*

What Is The Source?

The compound diosgenin is extracted from wild yam and undergoes a proprietary synthetic process to develop the pregnenolone compound. The human body cannot metabolize wild yam into pregnenolone. This process can only take place in a laboratory. Hypoallergenic plant fiber is derived from pine cellulose.

Recommendations

- Pure Encapsulations® recommends 10-30 mg daily, with a meal, preferably in the morning or early afternoon.
- Pregnenolone should only be used under the direction and supervision of a health professional.
- Practitioners are advised to test pregnenolone levels before making the decision to commence supplementation, and to monitor levels if supplementation is initiated, ensuring that proper levels are maintained.

- This product should not be taken by individuals with healthy levels of pregnenolone.
- Pregnenolone is best utilized by individuals over 40, and should not be used to enhance athletic ability or endurance.

Are There Any Precautions Or Potential Side Effects?

Precautions:

- NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18.
- DO NOT USE IF PREGNANT OR NURSING.
- KEEP OUT OF REACH OF CHILDREN.
- Consult a physician or licensed qualified health professional before using this product if you have, or have a family history of breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug.
- Do not exceed the recommended serving. Exceeding the recommended serving may cause serious adverse health effects.

Potential Side Effects:


- Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen.
- Discontinue use and call a physician or licensed qualified health professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms.
- When taken at higher levels, irritability, over-stimulation and fatigue have been observed. Due to its effects on the GABA receptor in the central nervous system, supplementation with pregnenolone could cause problems in people with a history of seizures.
- To report any adverse event call 1-800-332-1088.

(continued)

Are There Any Potential Drug Interactions?

Pregnenolone may inhibit drugs used to increase GABA activity (e.g., Neurontin); these drugs are frequently used in the treatment of epilepsy and depression.*


Pregnenolone 30 mg

each vegetarian capsule contains  v 3
pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one).....30 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product. See full warning.

1 capsule daily, with a meal.

Pregnenolone 10 mg

each vegetarian capsule contains  v 3
pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one)..... 10 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product. See full warning.

1 capsule daily, with a meal.