

Pregnenolone 5mg

DESCRIPTION

Pregnenolone 5 mg, provided by Douglas Laboratories® contains the highest purity pregnenolone and is produced under strict Good Manufacturing Practices (GMP) standards.

FUNCTIONS

Pregnenolone is often referred to as the grandparent precursor to steroid hormones in mammals. Pregnenolone is synthesized from cholesterol in the mitochondria of adrenal glands. Pregnenolone is also made to a lesser extent in the brain, liver, skin, testes and ovaries. Once synthesized, pregnenolone is released from the mitochondria into the cytosol where it can be converted to DHEA (dehydroepiandrosterone) or to progesterone. DHEA serves as a precursor compound to the androgens and the estrogens through androstenedione as the intermediate compound. Progesterone is the precursor to cortisol, aldosterone, androstenedione, estrogen, and testosterone. Pregnenolone may also be secreted directly into the blood where it circulates primarily as the sulfated form. Pregnenolone has many actions of its own not attributable to its conversion to progesterone or to DHEA. Recent studies show that pregnenolone is important for the function of brain, nervous tissue, liver, pancreas, reproductive tissues, pituitary and skin. Pregnenolone is found in higher concentrations in the central nervous system compared to the peripheral tissues which may reflect its importance in brain function. As with many hormones, pregnenolone production declines with age. It is estimated that pregnenolone production is about 60% less at age 75 than at age 35. Pregnenolone levels may also decline under various conditions of physiological stress, such as acute and chronic infections and trauma.

INDICATIONS

Pregnenolone tablets may be a useful nutritional supplement for individuals wishing to supplement their diet with pregnenolone for hormone support.

FORMULA (#83057)

Each sublingual bisect tablet contains:

Pregnenolone 5 mg
(3-alpha-hydroxy-5-beta-pregnen-20-one)

SUGGESTED USE

Please consult your physician before using this product.

As a dietary supplement, take ½ to 1 tablet daily, or as directed by your healthcare professional. Take by dissolving in mouth, or water or juice. The tablet can also be swallowed.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Pregnenolone 5mg

REFERENCES

- Doostzadeh J and Morfin R. Studies of the enzyme complex responsible for pregnenolone and dehydroepiandrosterone 7 Alpha-hydroxylation in mouse tissues. *Steroids* 1996; 61(10): 613-620.
- Flood J, Morley J, Roberts E. Memory-enhancing effects in male mice of pregnenolone and steroids metabolically derived from it. *Proc Natl Acad Sci USA* 1992; 89:1567-1571.
- Hidalgo A, et al. Calcium and depolarization-dependent effect of pregnenolone derivatives on uterine smooth muscle. *Gen Pharmacol* 1996; 27(5):879-885.
- Hornsby PJ, et al. Changes in gene expression and DNA methylation in adrenocortical cells senescing in culture. *Mutat Res* 1991; 256(2-6):105-113.
- Isaacson R, Varner J. The effects of pregnenolone sulfate and ethylestrenol on retention of a passive avoidance task. *Brain Res* 1995; 689:79-84.
- Koenig H, et al. Progesterone synthesis and myelin formation by Schwann cells. *Science* 1995; 268 (5216): 1500-1503.
- Maione S, et al. Pregnenolone sulfate increases the convulsant potency of NMDA in mice. *Eur J Pharmacol* 1992; 219(3):477-479.
- Majewska M, Mienville J, Vicini S. Neurosteroid pregnenolone sulfate antagonizes electrophysiological responses to GABA neurons. *Neuroscience Letters* 1990; 90:279-284.
- Mathis C. et al. The neurosteroid pregnenolone sulfate blocks deficits induced by a competitive NMDA antagonist in active avoidance and lever-press learning tasks in mice. *Neuropharmacology* 1996; 35(8): 1057-1064.
- Mendoza-Hernandez G, Libreros-Minotta CA, and Rendon JL. Detergent solubilization of 3Beta-hydroxysteroid dehydrogenase from dog pancreas. *Comp Biochem Physiol B*.
- Roberts E. Pregnenolone-from Selye to Alzheimer and a model of the pregnenolone sulfate binding site on the GABA receptor. *Biochemical Pharmacology* 1995; 49:1-16.
- Schumacher M, Robel P, and Baulieu EE. Development and regeneration of the nervous system: A role for neurosteroids. *Dev Neurosci*. 1996; 18(1-2):6-21.
- Wang M, et al. Relationship between symptom severity and steroid variation in women with premenstrual syndrome: Study on serum pregnenolone, pregnenolone sulfate, 5-alpha-pregnane-3,20-dione and 3-alpha-hydroxy-5-alpha-prenan-20-one. *J Clin Endocrinol Metab*. 1996; 81(3):1076-1082.
- Young J, et al. Neurosteroids in the mouse brain: Behavioral and pharmacological effects of a 3Beta-hydroxysteroid dehydrogenase inhibitor. *Steroids* 1996; 61(3):144-149.

For more information on Pregnenolone 5mg visit 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 by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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