

# P r e g n e n o l o n e

## Pregnenolone

*Yam-derived Precursor To Adrenal and Reproductive Hormones*



### Get The Best Pregnenolone:

- Derived from natural wild yam  
*Not synthetic sources*
- Meticulously laboratory processed  
*NOT solvent-extracted using benzene*
- Sufficient amount per capsule for best effect  
*Look for 100 mg. per capsule, NOT only 10 or 25 mg.*
- 100% pure pregnenolone powder in capsules  
*Avoid tablets and their unlisted toxic glues and binders.*

### Why Is Pregnenolone So Famous?

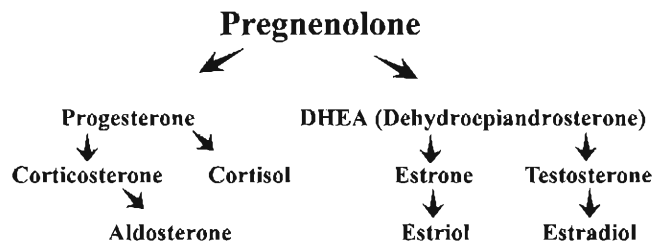
*Here's what the research shows about this amazing super-hormone:*

- Significant help for depression and anxiety
- Helps improve resistance to stress, adrenal exhaustion, and fatigue
- Helps enhance nerve transmission and memory
- Helps relieve arthritis via repair of the myelin sheath
- Helps restore firmness to slack skin (*face, eyes and neck*)

## Anti-Aging Super-Hormone

### The King Of The Hill

Pregnenolone is called the "king of the hill" because it sits in the key position, and can be converted into any of the other steroid hormones.



**Steroid Flow Chart**

Pregnenolone is now available as a nutritional supplement derived from natural yam concentrate. It is another exciting breakthrough in anti-aging. Your body naturally produces large amounts of this hormone, pregnenolone. It is one of our essential anti-stress factors. It is made from cholesterol under the influence of thyroid hormone and vitamin A.

### The King Of The Hill

We call pregnenolone the "king of the hill" because it is the first steroid hormone produced from cholesterol and sits in the key position (on top of the "hill") to be made into any of the other steroid hormones, such as DHEA, progesterone, the estrogens (three types: estrone, estradiol, estriol), testosterone, the corticosteroids, and aldosterone.

The Steroid Flow Chart (at left) shows that the starter molecule, pregnenolone, can be converted

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into ANY of the other hormones shown above. The flow progresses downward only; for example, DHEA is a precursor in the pathway leading to testosterone, but not to progesterone or the corticosteroids. Without a sufficient amount of the "king of the hill," pregnenolone, these hormone pathways will suffer -- with insufficient amounts of certain hormones being made, and possibly with relative excesses of others.

Pregnenolone is a direct precursor to DHEA. It may enhance DHEA's activity and can be taken together with it. But unlike DHEA which converts to estrogen (the three types) and testosterone, pregnenolone is converted directly to progesterone. Therefore, it is often an excellent choice for estrogen-sensitive women or testosterone-sensitive men (such as those with a history or risk of prostate cancer).

### Stress, Fatigue, And Depression

Because pregnenolone is the "king of the hill" and can be converted to other hormones, research shows that it can help greatly improve our resistance to stress and adrenal exhaustion -- often at the core of aging and chronic disease. Pregnenolone can be converted

into badly needed adrenal hormones which are often low due to stress and fatigue. Pregnenolone was used in a study of Army pilots to study the effects of fatigue. By simply taking oral pregnenolone, the pilots showed

dramatic decreases in fatigue, even under exhausting conditions. Other studies show that pregnenolone functions as a neurohormone in the body. It has been shown to significantly help in balancing moods and emotions, such as depression, anxiety, and irritability.

### Memory Improvement

Another exciting area in pregnenolone research is its memory-enhancing ability. Studies have shown pregnenolone to be hundreds of times more powerful than other memory-enhancing substances. As a neurohormone, pregnenolone has a powerful effect on improving transmission of nerve impulses which may enhance memory relay pathways. The effect of pregnenolone on Alzheimer's Disease is currently being studied by Dr. Bruce Miller, a neurologist at the Harbor-UCLA Medical Center in Los Angeles, California.

### Boosting Poor Hormone Levels

Another study at John Hopkins University found that a male's learning abilities vary according to his blood testosterone levels. Men with lower testosterone levels had more trouble remembering certain tasks. This study supports other studies that relate hormonal influences to learning and development differences between the sexes. Natural yam-derived pregnenolone may be a promising boost to those with poor

hormone levels, including low testosterone, since it is a precursor to testosterone via the progesterone and DHEA pathways.

### Arthritis, Spinal Cord Injuries, And Multiple Sclerosis

In the past, pregnenolone was widely used as an arthritis treatment, because it had no side effects and could be naturally converted into internal corticosteroids, a class of steroids known to reduce inflammation so common to arthritis. Secondly, further studies show that pregnenolone may aid in repairing the degeneration of the myelin sheath on nerves, as seen in multiple sclerosis. Thirdly, in a recent study, pregnenolone was shown to dramatically improve spinal cord injuries, even reversing paralysis if given shortly after the injury.

### Facial Rejuvenation

Pregnenolone may be as important to the skin as it is to the brain. Many people have reported that their facial skin that had loosened with aging, suddenly contracted back to a snugger, more elastic fit

after taking small amounts of pregnenolone. One man said it was like an overnight face lift after he took pregnenolone. It also had a profound effect on his mood, allowing him to feel happier and calmer.

### Firmer Skin

Research has shown that fiber cells, which are a major component of skin, contain the same contractile materials contained by muscles. Pregnenolone may allow skin cells

to contract, restoring firmness to slack skin. Pregnenolone has been able to quickly cause other rapid anatomical changes which may be from eliminating edema (water retention), such as helping protruding eyes (as in Graves' disease) to recede, or helping joint cartilage to function normally without pain, or causing lungs to oxygenate the blood more efficiently in people with emphysema.

### How To Take Pregnenolone

Typically adults take one capsule daily with meals (one capsule = 100 mg. of pregnenolone). After one week or more, you may increase to 2 or 3 capsules per day.

### References

- Guth, L., et. al., "Key role of pregnenolone in combination therapy that promotes recovery after spinal cord injury." *Proceedings Nat Acad Sci of USA*, 91(25):12308-12, 1994.
- McGavack, T. et. al., "The use of pregnenolone in various clinical disorders," *J Clin Endocrinol* 11:559-77, 1951.
- Pincus, G. et. al., "Effects of administered pregnenolone on fatiguing psychomotor performance." *J Aviation Med* 15:98-115, 1994.
- Sabelain, Ray, *Pregnenolone: Nature's Feel Good Hormone*, Avery Publishing Group: Garden City Park, NY, 1997.

### The Return Of Beautiful Skin



*A burned-out 30-year-old housewife began taking natural pregnenolone. After about 4 weeks, she came back to our office and exclaimed, "What is that stuff you gave me? It must be a drug!" We assured her that pregnenolone was a completely natural supplement, not a drug. She then said, "It's amazing. I've never taken anything like this. It works too well! Just look at my face." You could see that the lines in her face had smoothed out; her face looked rested.*

*In just four weeks, her skin had developed a beautiful, natural, plump sheen again. It was as if someone had given her back her radiant youthful skin. She told all her friends about this wonderful, rejuvenating supplement. Although she was very happy about her changed facial and neck appearance, an even greater reward was her increased energy levels and the return of her enthusiastic attitude.*