

Q: & A:

WHAT DO THESE TWO **DHEA** STUDIES HAVE IN COMMON?

LIFE EXTENSION[®]'S **DHEA** WAS USED IN **BOTH** STUDIES!

1 STUDY

“DHEA enhances effects of weight training on muscle mass and strength in elderly women and men”

*American Journal of Physiology
Endocrinology Metabolism*
2006 Nov;291(5):E1003-8

2 STUDY

“Effect of DHEA on abdominal fat and insulin action in elderly women and men: a randomized controlled trial”

*Journal of the American
Medical Association*
2004 Nov;292(18):2243-8

DHEA (*dehydroepiandrosterone*) has demonstrated many benefits, including positive effects on body composition. Regrettably, our natural production of this hormone diminishes by about **80%** between the ages of 25 and 75 years.¹ This has been associated with a decrease in muscle mass and strength and an increase in abdominal girth.

In the first of the two studies sponsored in part by the National Institutes of Health, researchers sought to determine the effect of DHEA replacement in DHEA-deficient elderly individuals. They randomized 56 men and women to receive either 50 mg/day of **Life Extension's DHEA** before bedtime or a placebo. Both groups then underwent a program of resistance training for four months. At the end of the study, DHEA replacement produced a significantly greater effect in enhancing the benefits of weight training on muscle mass and strength in both men and women compared with the placebo group.¹

The second study cited was conducted by the same research team. The effects of DHEA-replacement therapy or a placebo on abdominal fat were investigated for the first time in 56 DHEA-deficient elderly men and women who did not exercise regularly. Using the same DHEA-dosing regimen as in the previous study, the researchers found that DHEA levels rose to youthful ranges in both men and women. This increase was accompanied by changes in body composition. Compared with miniscule changes in weight loss in the placebo group, women taking DHEA lost an average of **10.2%** of their visceral (intra-abdominal) fat, while men shed an average of **7.4%**. Subcutaneous fat (under the skin) losses averaged 6% in both men and women taking DHEA.²

DHEA is widely available as a dietary supplement. These two studies utilized **Life Extension's DHEA** formulation to safely restore DHEA levels to youthful ranges in these elderly individuals, which helped maximize lean tissue mass,¹ maintain healthy abdominal weight,² and support insulin sensitivity.²

References:

1. *Am J Physiol Endocrinol Metab.* 2006 Nov;291(5):E1003-8.
2. *JAMA.* 2004 Nov;292(18):2243-8.



CHOOSE THE DOSE THAT'S RIGHT FOR YOU:



DHEA 15-mg, 100 Capsules, Item #00454

While published studies show the greatest benefit occurs when 50–75 mg of DHEA is consumed each day, some women only need a low dose of DHEA. Just one of these 15-mg capsules a day is all some women need to bring DHEA levels back to youthful levels.



7-Keto® DHEA 100-mg, 60 vegetarian Capsules, Item #01271

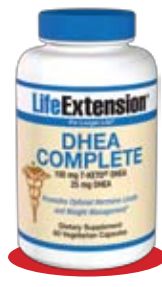
7-Keto® DHEA is a metabolite of DHEA that safely increases fat-burning enzymes in the liver. Human subjects who consumed 200 mg of 7-Keto® DHEA a day in conjunction with a diet and exercise program lost more total weight and body fat than those who took a placebo.¹ Since 7-Keto® DHEA does not convert to estrogen or testosterone in the body, it can be used by those with hormone-sensitive cancers such as breast and prostate cancer. This 7-Keto® DHEA supplement contains a potent **antioxidant blend** to protect against free radicals that might be formed in response to increased fat-burning.

Reference: 1. *Curr Therap Res.* 2000;61(7):435-42.



DHEA 25-mg, 100 Capsules, Item #00335

The minimum dose of DHEA for most healthy aging people is 25 mg a day, though optimal doses are 50–100 mg daily. These 25-mg capsules are a popular way to consume the precise amount of DHEA your body may need.



DHEA Complete (25 mg DHEA+100 mg 7-Keto® DHEA), 60 vegetarian Capsules, Item #01250

To obtain optimal potencies of both forms of DHEA, the **DHEA Complete** formula provides **25 mg of DHEA, 100 mg of 7-Keto® DHEA**, and a potent **antioxidant blend** in each capsule. For those seeking to combine the multiple benefits of DHEA and 7-Keto® DHEA, this is the ideal single-formula supplement.



DHEA 25-mg, 100 Dissolve-in-Mouth Tablets, Item #00607



DHEA 50-mg, 60 Capsules, Item #00882

The optimal daily dose of DHEA for most people is 50 mg. These economical 50-mg capsules enable most people to conveniently consume the optimal dose of DHEA in just one capsule.

7-Keto® is a registered trademark of Humanetics Corporation.
Note: Supplements should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.



DHEA 100-mg, 60 Capsules, Item #00883

Some people produce so little DHEA that they need to take high doses. These 100-mg capsules provide high-potency DHEA at a very low cost.

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