



DHEA-F

Stock #4202-2 (100 capsules)

NSP's DHEA-F is a DHEA supplement especially designed for women. Each capsule of DHEA-F contains 25mg of DHEA, combined with herbs known to support the female glandular system.

DHEA (dehydroepiandrosterone) is a hormone produced by the adrenal glands which is then converted by the body into male or female hormones, such as estrogen, progesterone, testosterone, etc., based on individual physiology. DHEA is believed to be the only hormone to decline with age, regardless of sex. In fact, research indicates that by age 70, most individuals register $\frac{1}{4}$ the DHEA levels found in 25-year-olds.

Numerous research studies have been conducted which indicate DHEA plays a vital role in the aging process and age-related deterioration. DHEA supplementation has also been shown to improve energy levels and endurance, immunity, insulin function, libido, memory, muscle tone, sleep and general well-being, while also reducing cardiovascular disease. A

multitude of research studies are currently being conducted to determine DHEA's effectiveness in the treatment of AIDS/HIV, cancer, multiple sclerosis, rheumatoid arthritis, systemic lupus erythematosus (SLE) and other degenerative conditions.

DHEA appears to produce an overall balancing effect on the body. Studies show DHEA levels drop during serious illness and increase with exercise, thus giving support to the hormone's connection with well-being and good health.

A study published in *The New England Journal of Medicine* followed 242 men over a prolonged period of time. As they aged, not only did DHEA levels decrease, but those with histories of heart disease had very low levels of DHEA. Overall, an increased risk of death was exhibited from any cause having to do with lower levels of DHEA.

In a double-blind study conducted by researchers at the Medical College of Virginia, 64% of multiple sclerosis patients receiving DHEA supplementation experienced significantly less fatigue and greater stamina.

According to researchers at Stanford University, DHEA significantly reduced the number of flare-ups experienced by lupus patients taking the supplement daily for 3 months. Also reduced were the doses of prednisone needed by patients, which is important since prednisone is known to cause side effects such as hardened arteries, weakened bones and muscles, and weight gain.

Chaste tree has been studied by researchers in Germany and the United Kingdom for over 30 years and has been found to exhibit a marked effect on hormonal functions in the body. German researchers have identified that chaste tree berries have a distinct progesterogenic effect on the pituitary gland, responsible for regulating a woman's menstrual cycle. Stimulating progesterogenic activity helps balance ovarian estrogen and progesterone production during the menstrual cycle, which has been shown to reduce the effects of premenstrual syndrome (PMS). Various clinical trials have found chaste tree helpful for PMS and treating infertility (due to low progesterone levels). Although complete benefits often require taking chaste tree for some months, PMS symptoms such as abdominal bloating, breast swelling and tenderness, depression, irritability, premenstrual fluid stagnation in the knee joints, and skin problems which occur premenstrually have all been significantly reduced. Furthermore, with the use of chaste tree, absent or irregular periods have been brought into balance, and menstrual complaints such as acne and migraine headaches have been relieved. Chaste tree is also believed to help relieve the anxiety associated with sexual desire in some women. Even difficulty in breast-feeding has been corrected through stimulating the production of breast-milk, as confirmed by German research.

False unicorn strengthens the performance of the ovaries and uterus. It also helps normalize female hormone levels, increase urine flow, alleviate congestive dysmenorrhea, and reduce inflammation and swelling which may be beneficial for hot flashes and night sweats. False unicorn is commonly used as a female reproductive system tonic for amenorrhea, dysmenorrhea, edema and nephritis.

Wild yam has been used in Mexico since the time of the Aztecs for treating rheumatic problems and as a natural pain-reliever. In Central America, wild yam has been used to alleviate labor and menstrual pain, as well as arthritis, digestive problems, and muscle cramps. Among early American herbalists, wild yam was one of the best antispasmodic treatments known, especially for all types of colic and paroxysmal pain, ovarian neuralgia, spasmodic dysmenorrhea and indigestion. Wild yam was regularly used for reducing the pain of biliary colic caused by gallstones, and for easing the discomfort of passing of small stones.

In 1942, researchers determined the wild yam contained a steroid called diosgenin, which *imitated* the effect of progesterone in the body. Since then, wild yam has become increasingly popular in the treatment of PMS symptoms. Progesterone buffers the negative effects of elevated estrogen levels. However, during a woman's cycle, progesterone levels drops drastically, leaving estrogen levels to rise unchecked which can lead to such PMS symptoms as low blood sugar, salt and water retention, increased body fat, and reduced oxygen levels in the cells. Thus, wild yam has been employed to reduce these complaints by mimicking progesterone's regulatory effect on estrogen levels.