



DHEA-M

Stock #4200-7 (100 capsules)

NSP's DHEA-M is a DHEA supplement especially designed for men. Each capsule of DHEA-M contains 25mg of DHEA, combined with herbs known to support the male 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 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.

Damiana is a tonic and restorative herb for the nervous system, as well as a mild antidepressant. Its tonic action is partly due to the constituent, thymol. Technically speaking, damiana is a thymoleptic—having a life-enhancing and stimulating action on the body and mind. Damiana has been given to people suffering from anxiety, mild to moderate depression, fatigue, and nervous exhaustion. Damiana's stimulating and restorative properties make it valuable when anxiety and depression occur together, as often happens after long-term stress. Due to its testosterone properties, damiana has always been seen principally as an herb for men, helpful in treating premature ejaculation and impotence. As a diuretic and urinary antiseptic, damiana is useful in the treatment of urinary infections such as cystitis and urethritis, incontinence, nephritis, and prostatitis. This action is partly due to the constituent arbutin, which is converted into hydroquinone (a strong urinary antiseptic) in the urinary tubules.

Panax ginseng root is used world-wide for increasing immunity to disease, fatigue, and stress; delaying the effects of old age; enhancing the secretion of hormones; normalizing adrenal and thyroid imbalances; improving stamina; reducing blood sugar and cholesterol levels; and providing an overall sense of better health. Panax ginseng stimulates liver cell regeneration by increasing oxygen absorption and usage on the cellular level. Panax ginseng also contains substances which stimulate the brain, central nervous system, heart and blood vessels, liver enzyme production, and overall metabolism. Traditional Chinese medicine has employed the use of Panax ginseng for problems such as atherosclerosis, blood sugar imbalances, convalescence, debility, diabetes, diarrhea, gout, indigestion, impotence, insomnia, kidney degeneration, liver disease, nausea, radiation poisoning, rheumatism, sexual indifference, spontaneous perspiration and weakness of the spleen. Those who suffer from the stressful effects of chronic and debilitating diseases, including chronic anemia, coronary problems, depression, infections, and recovery following illness, injury or surgery, have experienced great benefit from Panax ginseng.

Pumpkin seeds are used because of the ability to destroy parasites, worms and other organisms. Pumpkin seeds also soothe irritated tissues and exhibit mild diuretic properties, making them useful for treating various urinary system disorders such as nephritis. Pumpkin seeds are high in zinc, which may explain their use in treating prostate enlargement, prostatitis and prostate cancer prevention.

Sarsaparilla was commonly used by North American Indians for healing skin conditions and urinary problems, and as

a tonic for sustaining youth and sexual vigor. Sarsaparilla contains steroidal saponins which stimulate urine production, making sarsaparilla a natural diuretic for such problems as congestive heart failure, edema, and high blood pressure. Sarsaparilla's anti-inflammatory and diuretic properties may explain its use for treating impotence. Sarsaparilla also promotes perspiration and relaxes muscle spasms. Studies show sarsaparilla clearly provides tonic and testosterone actions on the body which have been shown to promote muscle bulk and growth, increase libido, and even improve angina pectoris.

Saw palmetto is classified as having immune stimulating and anti-edema effects. However, saw palmetto is most valued for its ability to reduce enlarged prostate—known as benign prostatic hypertrophy or BPH—and to alleviate the pain and inflammation associated with this condition. Saw palmetto also acts as an antiseptic and astringent, shrinking inflamed urinary system tissues and stimulating urine flow. Saw palmetto is considered by many to be the herb of choice for treating cystitis, impotence, prostatitis, reduced or absent sex drive, testicular atrophy, and urinary tract infections. Due to the presence of steroidal saponins, saw palmetto is considered an anabolic agent, strengthening and building up body tissues and encouraging weight gain. Thus, saw palmetto has gained popularity with body builders and others desiring muscle size and strength, as well as those suffering from general debility, wasting diseases, or failure to thrive.