

GNC DHEA

Description:

"Supports healthy DHEA level that decline with age"

<http://www.gnc.com/GNC-DHEA-50-MG/product.jsp?productId=16576436>



Supplement Facts

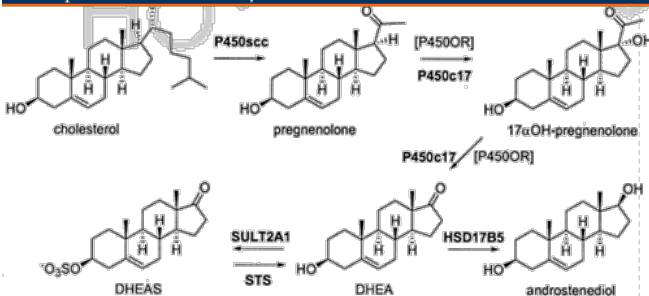
Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% DV
DHEA (Dehydroepiandrosterone) 50.00 mg	**
** Daily Value (DV) not established	

- DHEA is a hormone that is naturally made by the human body.
- It can also be made in the laboratory from chemicals found in wild yam and soy.
- However, the human body cannot make DHEA from these chemicals, so simply eating wild yam or soy will not increase DHEA levels.
- Don't be misled by wild yam and soy products labeled as "natural DHEA."

<https://medlineplus.gov/druginfo/natural/331.html>

Medscape® www.medscape.com



Source: Exerc Sport Sci Rev © 2007 American College of Sports Medicine

http://www.medscape.com/viewarticle/551092_2

THIS NUTRIENT HAS BEEN USED IN CONNECTION WITH THE FOLLOWING HEALTH GOALS:

- Bone Support
- Digestive Health
- Men's Health
- Sexual Health
- Immune System
- Weight Management
- Menopause
- Women's Health
- Healthy Aging
- Energy
- Fitness
- Strength & Muscle Gain

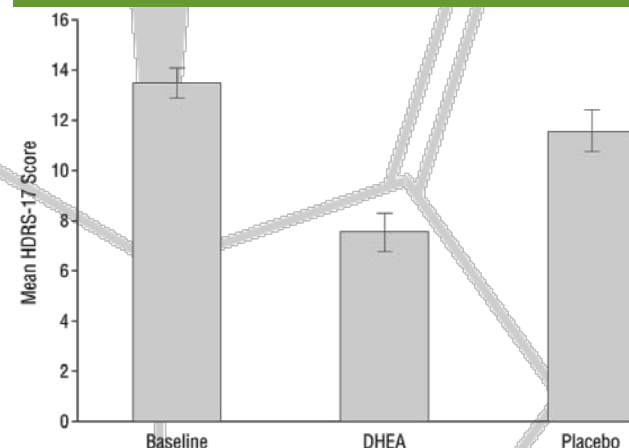
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Does it work?

Disease	Possibly effective	Possibly ineffective	Likely ineffective	Insufficient evidence
Addison's disease				x
Adrenal insufficiency				x
Aging		x		
Aging skin	x			
Childbirth				x
Chronic fatigue syndrome (CFS)				x
Clogged arteries				x
Depression	x			
Diabetes				x
Dry mouth (Sjögren's syndrome)			x	
Hormone deficiency in men (partial androgen deficiency)				x
Improving symptoms of lupus (SLE)				x
Infertility				x
Menopausal symptoms				x
Mental function			x	
Metabolic syndrome				x
Muscle damage from exercise				x
Osteoporosis				x
Physical performance		x		
Psoriasis		x		
Rheumatoid arthritis		x		
Sexual dysfunction				x
Weight loss				x
Withdrawal symptoms		x		

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Evidence for the Claims



Six weeks of dehydroepiandrosterone (DHEA) treatment significantly improved 17-item Hamilton Depression Rating Scale (HDRS-17) scores compared with the baseline and placebo conditions ($F_{2,88} = 20.2$ [$P < .001$]; DHEA vs baseline, $P < .01$; DHEA vs placebo, $P < .01$), whereas no significant effects were observed on HDRS-17 scale scores after 6 weeks of placebo compared with baseline conditions. Limit lines indicate standard error. Figure and figure legend from Arch Gen Psychiatry. 2005;62:154-162

Site	Pretreatment	6 months DHEA	12 months DHEA
Total hip	0.744 ± 0.021	0.753 ± 0.023 ¹	0.758 ± 0.025 ¹
Ward's triangle	0.486 ± 0.026	0.500 ± 0.026	0.494 ± 0.026
Lumbar spine	0.829 ± 0.030	0.835 ± 0.032	0.839 ± 0.033

Table 1. Effect of percutaneous administration of DHEA for 6 and 12 months on bone mineral density in total hip, Ward's triangle, and lumbar spine (n = 14)

Values are expressed as grams per square centimeters.

¹ $P < .05$, DHEA treatment vs. pretreatment value. Table and legend from Journal of Clinical Endocrinology & Metabolism 1997 82:10, 3498-3505

Side Effects and Warnings- is there anyone who can take it?

- Use cautiously with
 - Alcohol
 - antidepressants (such as selective serotonin reuptake inhibitors [SSRIs], mirtazapine, venlafaxine, or bupropion)
 - antiestrogens (such as tamoxifen or fulvestrant)
 - antipsychotic agents
 - birth control taken by mouth
 - calcium channel blockers
 - Canrenoate
 - cardiac glycosides
 - Corticosteroids
 - Fiber
 - glycyrrhetic acid
 - Licorice
 - Metyrapone

- Morphine
- opioid antagonists
- Propranolol
- Soy
- women, DHEA may cause:
 - decreased breast size
 - a deep voice
 - increased genital size
 - irregular periods
 - oily skin
 - unnatural hair growth.
- In men, DHEA may cause:
 - Aggression
 - breast tenderness or enlargement
 - decreased testes size
 - urinary urgency.

- Use cautiously in women who have premenstrual syndrome (PMS).
- Use cautiously in people who are at risk for prostate, liver, breast, and ovarian cancer. **DHEA may increase the risk of these cancers.**
- DHEA may affect insulin sensitivity.
- Use cautiously in people with a history of eating disorders, heart disease, or stroke, or those at risk for stroke. **High DHEA and DHEA-S have been linked to increased risk of heart attack, heart disease, and, metabolic syndrome.**
- Use cautiously in people who have low levels of high-density lipoprotein (HDL, or "good") cholesterol and/or high triglycerides. **DHEA may decrease HDL cholesterol levels and increase triglyceride levels.**
- Use cautiously in people who are prone to acne. **DHEA may cause acne.**
- Use cautiously in people who have benign prostatic hypertrophy (BPH). **DHEA may cause prostate swelling.**
- Use cautiously in people who have seizures or those taking agents that may increase seizure risk. There have been reports of seizures following DHEA intake.
- Use cautiously in people who have immune disorders or those taking agents that may affect the immune system. DHEA may stimulate the immune system.
- Avoid in people who have mania-associated psychiatric disorders.

DHEA may also cause side effects such as abnormal menstruation, acute respiratory failure (a lack of oxygen in blood), altered cholesterol, anxiety, blocked blood flow to the brain, blood in the urine, changes in abnormal heart rhythms, changes in adrenal or thyroid hormones, changes in blood vessel width, changes in insulin, chest pain, cough, crawling sensation of the scalp, depressive symptoms, diarrhea, dizziness, elevated liver enzymes and creatine concentration, emotional change, eye problems (dryness or pain), fatigue, headache, heart palpitations, high blood pressure, increased discharge, increased dreaming, increased risk of cataract, insomnia, irritability, joint and muscle pain, labor induction, lack of energy, mania, mood changes, nasal congestion, nausea, nervousness, night sweats, psychiatric problems, restlessness, skin allergic reactions (bumps under the skin, greasy hair and skin, itching, rashes, spots, and wart-like growths), sleep problems, streptococcal infection, upset stomach, and weight gain.

<http://www.mayoclinic.org/drugs-supplements/dhea/safety/hrb-20059173>

My Recommendation

- **Save your \$\$\$\$**
- **Risks outweigh any potential benefit**

References

1. <https://medlineplus.gov/druginfo/natural/331.html>
2. http://www.medscape.com/viewarticle/551092_2
3. <http://www.gnc.com/GNC-DHEA-50-MG/product.jsp?productId=16576436>
4. <https://medlineplus.gov/druginfo/natural/331.html>
5. Dehydroepiandrosterone Monotherapy in Midlife-Onset Major and Minor Depression. Peter J. Schmidt, MD; Robert C. Daly, MD; Miki Bloch, MD; et al, Arch Gen Psychiatry. 2005;62(2):154-162
6. Effect of 12-Month Dehydroepiandrosterone Replacement Therapy on Bone, Vagina, and Endometrium in Postmenopausal Women. Fernand Labrie, Pierre Diamond, Leonello Cusan, Jose-Luis Gomez, Alain Bélanger, and Bernard Candas, The Journal of Clinical Endocrinology & Metabolism 1997 82:10, 3498-3505
7. <http://www.mayoclinic.org/drugs-supplements/dhea/safety/hrb-20059173>