



## 7-Keto™ DHEA

### DESCRIPTION

DHEA is a natural steroid prohormone for the sex hormones. 7-Keto is a metabolite of DHEA which has been shown to have action in the body to support energy production, lean muscle and a healthy immune system. Although 7-keto is a metabolite of DHEA, it does not exhibit any hormonal side effects shown in research of supplementation of DHEA.

metabolite supplement has on the resting metabolic rate (RMR) of obese subjects. During the 3 week period subjects had a calorie restricted diet which should have adversely affected metabolic rate. Instead, during the treatment period with 7-Keto DHEA the RMR of the participants increased significantly compared with baseline. The treatment was well tolerated and no serious side effects were reported.

A study at the Minnesota Applied Research Center and the Geriatric Research Education and Clinical Center in Minneapolis found that four weeks of 7-Keto supplementation improved immune function in elderly men and women. In this placebo controlled study, men and women over the age of 65 were randomized to take 100 mg of 7-Keto twice daily or a placebo. The study showed that patients in the experiment group had a significant decrease in immune suppressor cells and a significant increase in immune helper cells.

Item number: AM63  
Delivery system: Capsules  
Amount per bottle: 30 capsules  
Serving size: 1 capsule



### BENEFITS\*

7-Keto DHEA has been used as an aid in:

- Supporting a healthy resting metabolic rate
- Increasing immune function

### INGREDIENTS PER SERVING

7-Keto™ DHEA (3-Acetyl-7-oxo-dehydroepiandrosterone) 25 mg

Other ingredients: Rice flour, gelatin, water.

### MECHANISM OF ACTION

DHEA acts as a precursor to the sex hormones estrone, estradiol and testosterone, which are correlated with a variety of functions in the body. It is produced from cholesterol in the adrenal glands, gonads, adipose tissue, brain and the skin. The amount of DHEA produced in the body declines after age 30 with about 50% drop by age 40 and 85% by age 70. It is unclear exactly how DHEA or its metabolites are related to the aging process.

### CLINICAL EVIDENCE\*

In a recent study it was shown that supplementation with 7-Keto DHEA did not show any negative side effects when given at a dosage of 200 mg per day for 4 weeks.

7-Keto DHEA has been recently tested in a double-blind, cross-over, placebo controlled trial to analyze the effect that the DHEA

### RECOMMENDED USE

Take 1 capsule daily, or as recommended by a health care professional.

### ADVERSE REACTIONS

Pregnant or breast feeding women should consult a physician before use of this product.

### STORAGE

Store between 20-25 °C (68-77 °F).

Keep out of reach of children.

### REFERENCES

1. Davidson, M, et al. Safety and pharmacokinetic study with escalating doses of 3-acetyl-7-oxo-dehydroepiandrosterone in healthy male volunteers. Clin Invest Med. 2000 Oct;23(5):300-10.
2. Marenich, LP. Excretion of testosterone, epitestosterone, androstenedione and 7-ketodehydroepiandrosterone in healthy men of different ages. Probl Endokrinol (Mosk). 1979 Jul-Aug;25(4):28-31.
3. Zenk, JL, et al. HUM5007, a novel combination of thermogenic compounds, and 3-acetyl-7-oxo-dehydroepiandrosterone: each increases the resting metabolic rate of overweight adults. J Nutr Biochem. 2007 Sep;18(9):629-34. Epub 2007 Apr 5.
4. Zenk JL, Kuskowski MA. The use of 3-acetyl-7-oxo-dehydroepiandrosterone for augmenting immune response in the elderly. Presented at meeting of FASEB, April 17, 2004.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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