

break  
through  
to the  
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

## Client Information

# Pregnenolone

(100 vcaps)

£21.90

Pregnenolone is a compound made in the body from cholesterol that serves as a precursor to the biosynthesis of steroid hormones. The adrenal hormones aldosterone and cortisol, as well as dehydroepiandrosterone (DHEA) and progesterone are derived from pregnenolone.

In the ovary, pregnenolone is used to form oestrogen and progesterone.

In the testes, pregnenolone is a precursor to testosterone.

Pregnenolone and its metabolite pregnenolone sulfate are also synthesized in the brain from cholesterol or other metabolites.

Pregnenolone capsules contain physiologically active pregnenolone derived from natural diosgenin sterols. Diosgenin is a compound extracted from wild yam that is converted into pregnenolone through a multi-step laboratory process. The human body cannot convert diosgenin or wild yam into pregnenolone.

Supplemental pregnenolone has been reported to have memory-enhancing activity in animal studies, but its effects in humans are not yet clear. Pregnenolone may modulate N-methyl-D-aspartate (NMDA) and gamma aminobutyrate (GABA) receptor activity in the brain, thus reinforcing neurotransmitter systems that may decline with age. It may also help promote healthy immune system response and support positive mood states.

Each Vcaps™ vegetarian capsule supplies 25 mg of pregnenolone micronized to a very small particle size to facilitate absorption.

Children, pregnant women, and nursing mothers should avoid pregnenolone supplements.

**Suggested Use:** 1 capsule daily.

**Cautions and Contraindications:** No adverse reactions or toxicity has been reported.

However, as with any hormone supplementation care should be exercised.

Not recommended for pregnant and breast feeding women or women with a history or risk of breast cancer (without testing or recommendation of their health care practitioner).

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

### Supplement Facts

Serving Size 1 Capsule

#### Amount Per Capsule

Pregnenolone (micronized) 25 mg\*

\*Daily Value not established.

Other ingredients: Cellulose, Vcaps™ vegetarian capsule, water, and magnesium stearate.