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PREGNENOLONE

The #1 Adrenal Hormone

- Supports patients with Adrenal Fatigue and stress
- The most abundant hormone produced by the adrenal glands
- Important for patients wanting sharper focus and brain attention

Pregnenolone is a hormone produced by the adrenal glands. With prolonged stress exposure, the adrenal gland capacity to manufacture this important hormone diminishes over time. Pregnenolone helps the body respond appropriately to stress and is also a very important hormone for optimal brain function and activity.

The body also uses pregnenolone as a chemical base to make other important hormones such as estrogen, testosterone, progesterone, and DHEA.

Additionally, as we age, our adrenal glands make less and less pregnenolone as our hormone manufacturing capacity declines.

This loss can be accelerated in the face of unremitting physical or psychological stress (job, family, relationship, trauma, illness) because pregnenolone is vital to the body's stress response.

In the setting of clinically low pregnenolone levels on blood testing, pregnenolone supplements can support patients looking to maintain healthy blood levels of this important stress-response hormone.

Usual dosage: Take 1-3 capsules daily in the morning.