

ENDOCRYN DHEA™

Supports and Maintains Youthful Metabolism[◇]



How can Endocrin DHEA help and support a youthful metabolism? Endocrin DHEA tablets contain 30 mg. of dehydroepiandrosterone (DHEA)—a metabolic precursor to many of the natural steroid compounds in the human body that has been available as a dietary supplement for many years. Lifeplus has combined DHEA with a plant derived sterol complex, synergistic botanical extracts, amino acids, and pantothenic acid (a B-vitamin important to adrenal gland function), to provide a unique nutritional support formula.[◇]

Dehydroepiandrosterone (DHEA) is made in the human body from cholesterol, and after cholesterol, it is the most abundant steroid molecule present in our bodies. Produced by our adrenal glands and gonads (testes/ovaries), it is made into many essential hormones by many different tissues in the body.

DHEA Levels Decrease as we Age

Investigators interested in the biology of aging have increasingly focused their attention on DHEA and its sulfated form, DHEA-S. Blood levels of DHEA/DHEA-S are high at birth, decline markedly, then rise early in puberty, and usually peak at around age 20 to 30. DHEA levels then progressively decline as part of the ordinary aging process. By the age of 60, DHEA levels are only about 5–15% of what they were at their peak. Human studies demonstrate that DHEA supplementation can bring circulating DHEA levels to those of peak adult years. On-going research is a continuing area of excitement and promise.

Exciting Animal Results with DHEA

Numerous experimental studies in animals have demonstrated wide-ranging beneficial effects of DHEA supplementation. Further studies are

necessary to determine the extent to which the results of animal studies can be applied to humans.

Human Study Interest

These exciting animal study results have led investigators to speculate that some of the changes associated with human aging may be related to the well-known progressive age associated decline in circulating DHEA/DHEA-S. The relevance of these studies to humans remains an open scientific question, and the subject is of great interest and an on-going area of investigation. DHEA, in fact, has become one of the most extensively studied substances in medical history. Areas of new investigations, new results, and new ideas and speculations regarding DHEA come out on a continuing basis in the medical and scientific press, in broadcast news programs, summaries in the popular health and consumer oriented press, and on the Internet. Prudence dictates that

we should maintain a conservative attitude until peer reviewed scientific studies confirming this information become available.

DHEA Supplementation in Humans

Quality double-blind placebo-controlled cross-over human studies in male and females aged 40 to 70 have shown that DHEA supplementation can restore circulating DHEA/DHEA-S levels to those found in young adults. Levels of supplementation in these studies included either 50 mg or 100 mg daily supplementation. Generally speaking women require lower amounts of DHEA as a supplement, because their bodies make less DHEA than do men. Owing to possible individual variability, it has been recommended that persons consider having their DHEA/DHEA-S levels checked by a blood test prior to and during the use of DHEA supplements to determine if supplementation is appropriate and

to assure that the optimum level is being maintained, particularly in view of the variability of absorption of oral DHEA that has been noted in clinical studies. Young healthy people usually do not need DHEA supplementation, unless recommended by a licensed health care professional. There is no credible evidence that DHEA supplementation enhances athletic performance in young healthy athletes of either sex.

PhytoZyme® Base

Endocryn DHEA is formulated in the proprietary Lifeplus PhytoZyme® base, which contains a unique blend of over thirty natural ingredients including special herbs, synergistic phytonutrient cofactors from fruits and vegetables, plus plant enzymes for bioavailability.

When you take Lifeplus products, you have the added benefit of receiving

the numerous health supporting phytochemicals and other micronutrients contained in them.

This unique “plus” in Lifeplus nutritional supplements helps to ensure that you are receiving benefits from those valuable phytonutrients. This is especially valuable for those who do not consume the recommended 5 to 9 servings of fruits and vegetables every day.

REFERENCES:

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2. Common Clinical Sequelae Of Aging, by Kenneth L. Minaker, Endocrine System, in "Goldman's Cecil Medicine", 24th Edition, Edited by Lee Goldman, MD and Andrew I. Schafer, MD, Elsevier Saunders, Philadelphia, PA. Pages 104-110. "Dehydroepiandrosterone declines 85 to 90% by the age of 70 years, perhaps contributing to impaired immune or cardiovascular function."
3. "DHEA: Unlocking the Secrets to the Fountain of Youth." Beth M. Ley, BL Publications, Newport Beach, CA, 1996. And references cited therein.
4. "Endocrine interactions: adrenal steroids and precursors." G.T. Taylor, J. Scherr3er, J. Weiss and J. Pitha, Am. J. Physiol., 266 (4 Pt 1): E676-681, 1994, Apr. ["Adrenal steroids may serve as endocrine regulators of androgen bioavailability and bioactivity."]
5. "Inhibition of carbamoyl phosphate synthetase-I by dietary dehydroepiandrosterone." M. Marrero, R.A. Prough, R.S. Putnam, M. Bennett and L. Milewich, J. Steroid. Biochem. Mol. Biol., 38 (5): 599-609, 1991, May. ["Dehydroepiandrosterone (DHEA), administered per os, serves to prevent or retard the development of a variety of genetic and induced disorders in mice and rats."]
6. "Steroid effects on central neurons and implications for psychiatric and neurological disorders." F. Holsboer, A. Grasses, E. Friess and K. Wiedemann, Ann. N. Y. Acad. Sci., 746: 345-359; discussion 359-361, 1994, Nov 30. ["...steroids such as pregnenolone and DHEA most likely are produced in glia cells and act in a paracrine fashion at neurons, thus modifying the sleep EEG in humans in a manner that suggests their potential as memory enhancers."]
7. "Dehydroepiandrosterone (DHEA) treatment of depression." O.M. Wolkowitz, V.I. Reus, E. Roberts, F. Manfredi, T. Chan, W.J. Raum, S. Ormiston, R. Johnson, J. Canick, L. Brizendine and H. Weingartner, Biol. Psychiatry, 41 (3): 311-318, 1997, Feb 1. ["Dehydroepiandrosterone (DHEA) and its sulfate, DHEA-S, are plentiful adrenal steroid hormones that decrease with aging and may have significant neuropsychiatric effects." ... "These preliminary data suggest DHEA may have antidepressant and promemory effects and should encourage double-blind trials in depressed patients."]

Supplement Facts

Serving Size / 1 Tablet

Servings Per Container / 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Pantothenic Acid	10 mg 200%	Kelp Whole Plant	30 mg *
DHEA	30 mg *	Saw Palmetto Berry Extract	10 mg *
Beta Sitosterol Complex	10 mg *	L-Tyrosine	20 mg *
Wild Yam Rhizome Extract	80 mg *	L-Glutamine	20 mg *
Dioscorea Opposita Rhizome Extract	20 mg *	L-Arginine HCl	10 mg *
Gotu Kola Aerial Parts	40 mg *	L-Ornithine HCl	10 mg *
Ginkgo Leaf Extract	4 mg *	L-Lysine HCl	10 mg *
Eleuthero Extract	20 mg *		

*Daily Value not established

INGREDIENTS: Dicalcium Phosphate, Wild Yam (*Dioscorea villosa* L.) Rhizome Extract, Gotu Kola Aerial Parts, Stearic Acid, Kelp (*Ascophyllum nodosum* L.) Whole Plant, Dihydroepiandrosterone (DHEA), Dioscorea Opposita Thunb. (a Chinese Yam) Rhizome Extract, Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Extract, L-Tyrosine, Microcrystalline Cellulose, Silica, L-Arginine HCl, PhytoZyme® proprietary blend (concentrated powders from Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Calcium D Pantothenate, Saw Palmetto Berry Extract, Beta Sitosterol Complex (Phytosterols; from Soy), L-Lysine HCl, L-Ornithine, Magnesium Aspartate and Ginkgo (*Ginkgo biloba* L.) Leaf Extract.

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WARNING: Do not use this product without first consulting your doctor if you could possibly become pregnant, are pregnant, nursing, taking prescription medication or under a doctor's care. Keep out of reach of children.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product contains soy-derived beta-sitosterol, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product not tested on animals.

Suitable for Vegetarians.

DIRECTIONS: For adults 18 years and older. Take one tablet a day. May take up to 3 per day if desired.

†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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