CLINICAL APPLICATIONS
- Promotes Normal Hormonal Balance
- Helps Maintain Healthy Memory and Cognitive Function
- Supports Mood Regulation
- Supports the Stress Response System by Acting As Hormonal Precursor

What is Pregnenolone?
Pregnenolone plays a key role in hormonal balance as a key precursor to cortisol, DHEA and progesterone, and helps to maintain balance in the body's stress response system. In addition, pregnenolone has been shown to support a balanced mood and promote cognitive health by modulating the transmission of messages between neurons, influencing learning and memory processes. Since there is strong evidence that pregnenolone levels diminish with advancing age, restoring these levels may also help support overall brain function and sense of well-being. Each capsule of Ortho Molecular's contains 10 mg of Pregnenolone in a scored, quick-dissolve tablet, allowing for incremental dosing as needed.

Overview
Pregnenolone is a prohormone that is synthesized in the brain and adrenals, primarily from cholesterol, but also in the liver, skin, brain, testicles, ovaries, and retina. As a biochemical precursor to DHEA and progesterone, pregnenolone helps to keep a normal balance between these hormones in the body and as a result, helps to modulate the cortisol-driven stress response system, support nerve cell growth and modulate mood. Specifically, when a high stress lifestyle pushes the stress response system into overdrive, the rise in cortisol can ultimately cause the depletion of pregnenolone and a reduced availability of DHEA and progesterone, a phenomenon known as pregnenolone steal; supplementing pregnenolone can help to replace this needed precursor.

In addition to its function as a prohormone, pregnenolone is a neurosteroid that is found in high concentrations in the brain where it protects neurons, enhances myelination and supports cognitive health and memory. Pregnenolone supplementation is particularly important for those who have been found to have deficient hormone levels through testing, as well as those who need cortisol to DHEA ratio support.

Deficiency†
Pregnenolone levels naturally peak during youth and begin a long, slow decline with age. Since pregnenolone is the parent compound of other vital neurosteroids such as DHEA, declining levels of pregnenolone could leave brain cells increasingly vulnerable to overstimulation by neurotransmitters like glutamate, thereby affecting mood and cognition.

Mood Regulation†
Research has shown pregnenolone to be beneficial for mood support and balance. Specifically, pregnenolone is reported to have a positive effect on neuronal excitability and synaptic plasticity, and has many other functions associated with mood regulation, neuroprotection from free radicals, balancing the stress response and improving cognitive performance. In a study of 15 adults with mood imbalance, blood levels of pregnenolone were lower among those with low mood, compared to controls. Among 70 adults with mood imbalance who received either pregnenolone or placebo, the pregnenolone group trended toward greater improvement in mood, relative to the placebo group on rating scales. Additionally, an 8-week, double-blind, randomized, placebo-controlled study which compared 30 mg/d or 200 mg/d pregnenolone, 400 mg/d of DHEA, and placebo found that those given the 30 mg pregnenolone had significant reductions in positive symptom scores along with an
improvement in attention and working memory performance. Further improvements were not found among groups given higher amounts of pregnenolone.19

Learning and Memory†
Animal studies have demonstrated that both pregnenolone and DHEA support learning and healthy memory among the aging, initiated by balancing the activity of NMDA and GABA-A receptors.17,18 Infusions of pregnenolone have been found to reverse memory deficits in animals, and the data suggests pregnenolone increases neuron regeneration and positively influences cognitive processes in senescent subjects, by increasing acetylcholine levels improving neurotransmission.19 Additional studies have shown pregnenolone to enhance neuritic outgrowth and growth of myelin, impart neuroprotective effects against free radicals that increase neurogenesis, promote healthy levels of inflammation, modulate the stress response system and increase GABA(A) receptor responses. Pregnenolone administration has also been shown to positively modulate NMDA receptors, offering additional benefits for mental health.10

Directions
Take 1 or more tablets per day, or as recommended by your healthcare professional.

Does Not Contain
Gluten, yeast, artificial colors and flavors.

Cautions
Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

Supplement Facts
Serving Size 1 Tablet
Servings Per Container 100

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<th>1 tablet contains</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Pregnenolone</td>
<td>10 mg</td>
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* Daily Value not established

References

† This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.