

Pregnenolone

Hormone precursor to support mood and memory[†]

INDICATIONS

- Ages 18 and up
- Healthy memory and positive mood support[†]

BENEFITS

- Supports memory[†]
- Promotes positive mood[†]

FEATURES

- Natural precursor to over 150 steroid hormones
- Available in 10 mg and 30 mg capsules
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one), is a natural steroid hormone produced in the body from cholesterol. It has been described as the “Grandmother of all Steroid Hormones,” since all steroid hormones, over 150 of them, are derived from pregnenolone. Pregnenolone has been linked with positive support for mood and memory.¹ In the body, it is converted to DHEA and/or progesterone.² It is likely that the body will convert pregnenolone appropriately, according to its needs. Studies show that the body makes 60% less of this hormone at age 75 than it does at age 35.^{3†}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low “good” cholesterol (HDL), or if you are using any other dietary supplement, prescription drug or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious

adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

SOURCE

- The compound diosgenin is extracted from wild yam and undergoes a proprietary synthetic process to develop the pregnenolone compound. The human body cannot metabolize wild yam into pregnenolone. This process can only take place in a laboratory
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Pregnenolone 10 mg

Size 3 caps

Bottle count 60, 180

Order codes PR16, PR11

Bottle size 190 cc

Pregnenolone 30 mg

Size 3 caps

Bottle count 60, 180

Order codes PR36, Pr31

Bottle size 190 cc

REFERENCES

1. Barbiero I, et al. *J Neuroendocrinol.* 2021 Aug 19:e13033.
2. Akwa Y, et al. *J Steroid Biochem Mol Biol.* 1991;40(1-3):71-81.
3. Havlíková H, et al. *J Clin Endocrinol Metab.* 2002 May;87(5):2225-31.

Pregnenolone

Hormone precursor to support mood and memory[†]

SUPPLEMENT FACTS

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one) 10 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse event call 1-800-332-1088.



Pregnenolone 10 mg	Quantity	Order Code
	180	PR11
	60	PR16

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one) 30 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse event call 1-800-332-1088.



Pregnenolone 30 mg	Quantity	Order Code
	180	PR31
	60	PR36

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.

800.753.2277 | PureEncapsulationsPro.com

©2021 Pure Encapsulations, LLC. All Rights Reserved.

pure
encapsulations®