



Pregnenolone

What Is It?

Pregnenolone, 3-alpha-hydroxy-5-beta-pregnen-20-one, is precursor to over 150 steroid hormones and is produced naturally in the body from cholesterol.

Uses For Pregnenolone

Memory Support: Animal studies have reported that pregnenolone may help to enhance memory by modulating N-methyl-D-aspartate (NMDA) and gamma aminobutyrate (GABA) (A) receptor activity in the brain. One study suggested that pregnenolone helped promote post-training task learning and memory.*

Immune Health: One study indicated that the 7-hydroxy metabolites from pregnenolone may help promote healthy immune system response.*

Mood Support: Pregnenolone has been reported to help promote feelings of emotional well-being. One study suggested that pregnenolone supported mood and feelings of motivation by mediating dopamine release.*

What Is The 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. Pure Encapsulations Pregnenolone also contains hypoallergenic plant fiber (pine cellulose).

Recommendations

Pure Encapsulations recommends 5-30 mg per day, with a meal, preferably in the morning or early afternoon.

Are There Any Potential Side Effects Or Precautions?

When taken at higher levels, irritability, over-stimulation and fatigue have been observed. Due to its effects on the GABA receptor in the central nervous system, supplementation with pregnenolone could cause problems in people with a history of seizures. This product is not recommended for use by pregnant or lactating women.

Are There Any Potential Drug Interactions?

Pregnenolone may inhibit drugs used to increase GABA activity (e.g., Neurontin); these drugs are frequently used in the treatment of epilepsy and depression.*

References:

1. Mathis C, Vogel E, Cagniard B, Criscuolo F, Ungerer A. The neurosteroid pregnenolone sulfate blocks deficits induced by a competitive NMDA antagonist in active avoidance and lever-press learning tasks in mice. *Neuropharmacology* 1996;35(8):1057-1064.
2. Bowlby MR. Pregnenolone sulfate potentiation of N-methyl-D-aspartate receptor channels in hippocampal neurons. *Mol Pharmacol* 1993 May;43(5):813-819.
3. Flood JF, Morley JE, Roberts E. Pregnenolone sulfate enhances post-training memory processes when injected in very low doses into limbic system structures: the amygdala is by far the most sensitive. *Proc Natl Acad Sci U S A* 1995 Nov 7;92(23):10806-10810.
4. Morfin R, Courchay G. Pregnenolone and dehydroepiandrosterone as precursors of native 7-hydroxylated metabolites which increase the immune response in mice. *J Steroid Biochem Mol Biol* 1994 Jul;50(1-2):91-100.
5. Barrot M, Vallee M, Gingras MA, Le Moal M, Mayo W, Piazza PV. The neurosteroid pregnenolone sulphate increases dopamine release and the dopaminergic response to morphine in the rat nucleus accumbens. *Eur J Neurosci* 1999 Oct;11(10):3757-60.
6. Healthnotes Clinical Essentials. Copyright 2003. Healthnotes, Inc.

(continued)

Pregnenolone 30 mg.

each vegetable capsule contains 

pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one) 30 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women.

1 capsule per day, with a meal.

Pregnenolone 10 mg.

each vegetable capsule contains 

pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one) 10 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women.

1 capsule per day, with a meal.

Pregnenolone 5 mg.

each vegetable capsule contains 

pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one) 5 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women.

1-2 capsules per day, in divided doses, with meals, or as directed by your physician.