



— Your Trusted Source —

# 7-KETO™ DHEA

Introduced 2001



## What Is It?

7-KETO™ DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin in Madison. Of over 150 DHEA compounds tested, 7-KETO proved to be the most promising form. Researchers discovered that 7-KETO does not convert to testosterone or estrogen and supports various physiological processes. 7-KETO DHEA is also known as DHEA-Acetate-7-one or 3-acetoxy-androst-5-ene-7, 17-dione.

## Uses For 7-KETO™ DHEA

**Metabolic Support And Weight Management:** 7-KETO is several times more potent than DHEA in stimulating the thermogenic enzymes of the liver, promotes basal metabolism, and helps to increase the lean/adipose ratio. These actions safely support a leaner BMI (Body Mass Index) and healthy weight control. In a double-blind study involving 30 overweight adults, 7-KETO supported healthy body composition and BMI when combined with exercise.\*

**Other Patented Applications:** Research on the role of 7-KETO in immune, cognitive and other areas of support similar to DHEA has proven promising but is preliminary.\*

## What Is The Source?

7-KETO is made from pharmaceutical grade DHEA. DHEA is produced when diosgenin is extracted from wild yam and modified in a laboratory process to achieve the final structure. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 25-200 mg per day, in divided doses, with meals. For weight loss support, 100 mg twice daily is recommended.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Vivid dreams have been reported if taken too close to bedtime. Individuals with breast, prostate, or other hormonally linked cancers (or a family history of these conditions) should avoid this product as 7-KETO has not been studied in these contexts.

## Are There Any Potential Drug Interactions?

7-KETO has been shown to promote healthy platelet function. As a result, it may be contraindicated for individuals using Coumadin due to a potential synergistic blood-thinning effect.

### 7-Keto™ DHEA 100 mg

each vegetarian capsule contains  V 3

DHEA-Acetate-7-one ..... 100 mg  
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women.**

**1-2 capsules per day, in divided doses, with meals.**

### 7-Keto™ DHEA 50 mg

each vegetarian capsule contains  V 3

DHEA-Acetate-7-one ..... 50 mg  
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women.**

**1-4 capsules per day, in divided doses, with meals.**

### 7-Keto™ DHEA 25 mg

each vegetarian capsule contains  V 3

DHEA-Acetate-7-one ..... 25 mg  
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women.**

**1-8 capsules per day, in divided doses, with meals.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.