

Table 5

Benefits of DHEA

DHEA is a precursor to testosterone, estrogen and progesterone in men and women.

- › **INCREASES** energy level and overall sense of well-being
- › **INCREASES** insulin sensitivity
- › **IMPROVES** immune system function
- › **DECREASES** cholesterol levels
- › **DECREASES** body fat
- › **INCREASES** bone growth
- › **PROTECTS** against heart disease and cancer
- › **IMPROVES** brain function