



Dr. Techy says,

"Some patients get sick if pregnenolone is started at 100 mg or more."

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BULLETIN 34

REPLACEMENT DOSAGES FOR PREGNENOLONE AND DHEA

THE FIRST HORMONE TO DEplete WITH SEVERE CHRONIC PAIN IS EITHER:

- DHEA
- PREGNENOLONE

QUESTION: Should DHEA and pregnenolone be replaced if either or both show low serum levels?

FACTS:

- ✓ DHEA AND PREGNENOLONE ARE PRODUCED IN THE ADRENALS AND CENTRAL NERVOUS SYSTEM (CNS)
- ✓ PROMINENT SYMPTOMS OF A DEFICIENCY INCLUDE:

RECOMMENDED STARTING DOSE:

1. 50 mg a day.
2. Titrate upward to a maintenance dosage of 100 to 200 mg. Some patients will take more and report great symptom improvements.
3. Retest after 2 to 3 months. You can try stopping once good pain control is achieved.

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**Information
Network**



Dr. Hormone says,

"YES !! You can't hurt and you will probably help."

