

UNDERSTANDING THE BENEFITS OF COMPOUNDED PREGNENOLONE

Pregnenolone is a naturally occurring hormone that plays a crucial role as the starting material for the body's production of other important hormones, including progesterone, cortisol, testosterone, and estrogen. Pregnenolone is made from cholesterol and assembled in the adrenal glands, liver, gonads, brain, and other tissues. Pregnenolone is often referred to as the "grandfather hormone" because it is a precursor to a wide range of other hormones essential for overall well-being.

As individuals age, the body's production of pregnenolone often declines, and this can lead to various symptoms such as low moods, poor sleep, lack of sexual interest, and reduced energy. Additionally, during times of stress, cortisol demands and production increase, "stealing" the pregnenolone available for the synthesis of other downstream hormones such as sex hormones.

Compounded pregnenolone is a bioidentical option for people looking to balance their hormone levels and address symptoms of pregnenolone deficiency.

HERE WE WILL EXPLORE THE MANY USES FOR COMPOUNDED PREGNENOLONE, HOW IT WORKS, AND WHY IT IS A COMMONLY OVERLOOKED COMPONENT IN PERSONALIZED MEDICINE.

Pregnenolone Deficiency and Illness: What's the Connection?

Because the production of pregnenolone in the human body depends heavily on ample cholesterol levels as well as the function of mitochondrial enzymes, chronic illness is on the rise. So, what's the problem?

- **LIFESTYLE:** Today's standard American diet is packed with simple carbohydrates, saturated fats, and processed and nutrient-deficient foods which deplete the body of energy. Stagnant lifestyles lacking movement and muscle-building activity can lead to mitochondrial dysfunction and death. Without healthy and ample mitochondrial function, pregnenolone production decreases.
- **PHARMACEUTICALS:** On the heels of poor dietary choices often comes high cholesterol, leading to the overprescribing of statin medications. Statin drugs lower cholesterol levels but also downregulate the production of pregnenolone. These drugs, which are taken by 47 million Americans, and the consequent reduction in cholesterol cause pregnenolone levels to plummet. Lifestyle and nutritional choices help maintain healthy levels of both cholesterol and pregnenolone without the nasty side effects that statins can present.

HOW TO ORDER

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Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in 49 states (excludes AL).



Key Uses of Compounded Pregnenolone

Correcting Hormonal Imbalances

Age, inflammation, stress, trauma, and statin pharmaceutical drugs lower the body's endogenous production of pregnenolone, which can lead to hormonal imbalances that contribute to a range of health problems.

- **MENOPAUSE AND PERIMENOPAUSE:** Women in their late 30s and 40s may experience a pronounced reduction in pregnenolone, which can exacerbate symptoms of menopause or perimenopause such as hot flashes, night sweats, and irritability. Pregnenolone supplementation can help alleviate these symptoms and promote hormonal symphony.
- **ANDROPAUSE:** Men also undergo a similar age-related decline in hormone levels, known as andropause. Reduced pregnenolone levels can contribute to fatigue, decreased libido, and muscular atrophy. Compounded pregnenolone may help to mitigate these symptoms by supporting the production of testosterone and other hormones.

Cognitive Function and Memory Support

Pregnenolone has a significant impact on brain function, as it is a precursor to many neurosteroids involved in mood regulation, memory, and cognitive function. Pregnenolone has also been shown to play a pivotal role in improving focus and protecting against age-related cognitive decline, Alzheimer's, and other forms of dementia.

Some studies suggest that pregnenolone supplementation may enhance learning abilities and improve symptoms of depression, particularly in older adults. For those suffering from cognitive impairments or experiencing a decline in mental clarity, compounded pregnenolone may offer a promising, individualized solution.

Stress and Adrenal Support

The adrenal glands produce pregnenolone, which is a precursor to cortisol, the body's primary stress hormone. During periods of chronic stress, pregnenolone may be depleted as the body prioritizes the production of cortisol. This depletion can lead to fatigue, poor immune function, and hormonal imbalances. Supplementing with compounded pregnenolone can help restore healthy cortisol levels and support the adrenal glands in managing stress. This can lead to reduced feelings of burnout, improved energy, and better overall stress resilience.

Improved Mood and Emotional Well-being

Because pregnenolone is involved in the synthesis of key hormones that influence mood, including estrogen and progesterone, compounded pregnenolone may be beneficial for individuals experiencing symptoms of anxiety and depression. Pregnenolone's role as a neurosteroid suggests that it has the potential to enhance brain function by supporting the GABA receptors in the brain, which are crucial for reducing anxiety and promoting a sense of calmness.

Energy and Vitality

Pregnenolone is a precursor to other hormones that influence energy metabolism, such as cortisol and DHEA (dehydroepiandrosterone). A deficiency in pregnenolone can lead to feelings of low energy, fatigue, and reduced vitality. With the use of compounded pregnenolone, individuals may experience improved energy levels and a better sense of overall vitality. This makes it particularly helpful for those who experience chronic fatigue due to hormonal imbalances.

Why Choose Compounded Pregnenolone?

The primary advantage of compounded pregnenolone is that it is tailored to the specific needs of each individual. This is especially important for those who do not respond well to standard doses or if a more targeted approach is needed to address specific symptoms or health conditions.

Furthermore, compounded pregnenolone can be formulated in different delivery methods, such as creams or sublingual tablets, making it easier for individuals with different preferences or absorption issues to take the medication. This flexibility also allows for a more controlled and gradual adjustment of hormone levels, minimizing potential side effects and enhancing treatment outcomes.

For additional questions about compounded pregnenolone, please reach out to any of our pharmacists at Physicians Preference Pharmacy at **(281) 828-9088**. It would be our privilege to serve you!

REFERENCES

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