

Pregnenolone

Micronized Lipid Matrix

NutriCology® **Pregnenolone** is micronized in a lipid base: the pregnenolone is reduced in size to tiny crystals, and stabilized in a lipid matrix.* This advanced system results in a product with optimized absorption characteristics.* NutriCology® Pregnenolone is soy-free, and uses wild yam as a starting material (non-GMO, non-irradiated, and non-ethylene-oxide-treated).

Key Features

- The Micronized Lipid Matrix tablet system presents pregnenolone directly to the systemic circulation, avoiding the liver 'first-pass effect'
- Our pregnenolone is micronized to less than 50 microns, for enhanced absorption*
- Pregnenolone is the parent substance for all adrenal cortical steroids, including progesterone, testosterone, dehydroepiandrosterone, dihydrotestosterone, aldosterone, cortisol, and estradiol



#54830
20 mg
60 scored tablets



#54810
50 mg
60 scored tablets



#54820
100 mg
60 scored tablets



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The Micronized Lipid Matrix tablet system allows pregnenolone to be directly presented to the systemic circulation via the lymph.* The lipid matrix protects the micronized pregnenolone, which are less than 50 microns in size, from the harsh gastric juices, and then allows them to be absorbed via the lymph.* By avoiding the hepatic portal vein and the liver 'first-pass effect', higher levels of pregnenolone are available, for a longer time period.*

Pregnenolone is a naturally occurring metabolite of cholesterol that acts as a precursor to all adrenal cortical steroids, including progesterone, testosterone, dehydroepiandrosterone, dihydrotestosterone, aldosterone, cortisol, and estradiol. The body produces pregnenolone from cholesterol in the mitochondria through the cytochrome P450 conversion system. The brain requires pregnenolone, producing it and also absorbing more from the blood.

Naturally occurring pregnenolone is found in young people of both sexes at a very high concentration. As with DHEA levels, pregnenolone levels decrease with age. At age 75 one has on average 60% less pregnenolone than one had at 35 years of age (DHEA levels decrease even more rapidly).

Pregnenolone supports the body's ability to deal with stress, and can potentially enhance the sense of well-being, decrease fatigue, and enhance neuronal connections and memory.* It has been reported to modify sleep EEG by increasing REM sleep, and to increase the time of slow wave sleep with no change in cortisol or growth hormone production.* Pregnenolone has been noted to have the most profound effects on those who are most fatigued, supporting their energy, reaction time and decision-making.* Overall, pregnenolone supports the general feeling of well being and a normal levels of bodily energy, particularly when dealing with stressful situations.*

According to hormone expert Ray Peat, in the body pregnenolone is mostly converted into progesterone and DHEA, and pregnenolone supplementation, along with thyroid support, is a balanced way to increase DHEA.*

It is recommended to measure hormone levels prior to starting pregnenolone, and to check periodically while supplementing.

Supplement Facts

Serving Size 1 Tablet
 Servings Per Container 60

Amount Per Serving	% Daily Value
Pregnenolone 20, 50, or 100 mg †	

† Daily Value not established.

Other ingredients: Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), microcrystalline cellulose, vegetable oil, vegetable wax, Cab-o-sil® (silica), magnesium stearate, vitamin E.

Suggested Use: As a dietary supplement, 1 tablet daily with a meal or as directed by a health care professional.

Caution: This product is a hormone, influencing the production of other hormones. Regular hormone testing is recommended. Cancer patients should consult their healthcare practitioner before use.

WARNING: Not for use by individuals under the age of 18 years. Do not use if pregnant or nursing. Consult a physician or licensed qualified healthcare professional before using this product if you currently have or have a family history of hormone sensitive cancers or hormone-sensitive diseases. Pregnenolone may affect levels of other hormones, such as progesterone, estrogen, testosterone, and/or DHEA. KEEP OUT OF REACH OF CHILDREN. To report any adverse events call 1-800-332-1088.