NutriPATH
INTEGRATIVE PATHOLOGY SERVICES

# PREGNENOLONE

*Pregnenolone, 3α-hydroxy-5-β-pregnen-20-one, is a precursor to steroid hormones such as progesterone, DHEA, mineralocorticoids, glucocorticoids, androgens, and estrogens. Pregnenolone is also known as the mother hormone is made directly from cholesterol within the mitochondria of the adrenal glands and, to a lesser degree, the nervous system. Pregnenolone is supplemented when both progesterone and DHEA are deficient. It is used in memory support, immune health and mood support.*

Hormone imbalances are associated with numerous symptoms and health conditions. Assessing and diagnosing these changes are important to decrease unnecessary suffering and prevent degenerative diseases. Female hormones fluctuate through a menstrual cycle and at various times of a woman's life. Imbalances in hormones are associated with PMS, menopause and more complex conditions like PCOS and endometriosis.

| SYMPTOMS AND CONDITIONS ASSOCIATED WITH HORMONE IMBALANCES | |
|---|---|
| Low sex drive | Insomnia & sleep disturbances |
| Depression & irritability | Cancer |
| Fatigue | Hair thinning and loss |
| Weight gain and decreased muscle tone | Osteoporosis |
| Memory loss, foggy thinking & Alzheimer's disease | Cardiovascular disease |

## Hormones and Aging

Hormones are powerful molecules that are essential for life. Imbalances of hormones affects other organ systems like the adrenals, thyroid and nervous system. What many people fail to recognise however, is that partial deficiencies also have a wide reaching negative effect on the human body. This is understandable however, when a hormone's mechanism of action is understood.

Aging is one process which is associated with hormone decline. In the past it was thought that this reduction was a normal consequence of the aging process. However, more recently an alternative theory has been proposed; that hormones do not decrease because we age, but rather we age because our hormones decrease i.e. that a reduction in hormonal cellular, genetic and protein control, is the physiological cause of the deterioration of the body which leads to the aging process. It therefore follows that treating hormonal deficiencies (overt, moderate or mild) will prevent or ameliorate disorders associated with the aging process. The treatment of osteoporosis with testosterone and estrogen in men and women is just one example of this. In addition, ensuring that hormone levels are optimal will enhance quality of life in the aging population by improving mood, memory, assertiveness, sexual function and muscle mass. Assessing and diagnosing these changes are important to decrease unnecessary suffering and prevent degenerative diseases.

## PREGNENOLONE (serum) [Test code: 1116]

- Pregnenalone

## Other pregnenolone hormone tests available

- **Adrenal Hormone Profile – Level 2 (24 hour urine) [1202]:** Cortisol, DHEA, 17-Keto Steroids, Total OH Corticoids, ratios, Aldosterone, Pregnanetriol (Pregnenolone)
- **Adrenal Hormone Profile – Level 3 (24 hour urine) [1203]:** Cortisol, DHEA, 17-keto steroids, Total OH corticoids, ratios, Aldosterone, Androsterone, Etiocholanolone, 11-OH-Androsterone, 11-OH-Etiocholanolone, 11-Ketoetiocholanone, 11-Ketoandrosterone, Pregnanetriol (Pregnenolone)
- **Androgen Profile (24 hour urine) [1206]:** Cortisol, DHEA, 17-ketosteroids, Total Hydroxy corticoids, ratios, Testosterone, Allo-tetrahydrocortisol, Tetrahydrocortisol, Tetrahydrocortisone, Tetrahydrodeoxycortisol, Aldosterone, Androsterone, Etiocholanolone, 11OH-androsterone, 11OH-etiocholanolone, 11-ketoetiocholanolone, 11-ketoandrosterone, Pregnanetriol (Pregnenolone), DHT metabolite
- **Female Hormone Profile – Extensive (24 hour urine) [1213]:** T4, T3, T4/T3 ratios, Cortisol, DHEA, Testosterone, Progesterone, E1, E2, E3; 17-ketosteroids, Total OH corticoids, ratios, Allo-tetrahydrocortisol, Tetrahydrocortisol, Tetrahydrocortisone, Tetrahydrodeoxycortisol, Aldosterone, Androsterone, Etiocholanolone, 11OH-androsterone, 11OH-etiocholanolone, 11-ketoetiocholanone, 11-ketoandrosterone, Pregnanetriol (Pregnenolone), DHT metabolite, 2OHE1, 16-OHE1, 2:16 ratio, 4OHE1, Melatonin, Growth hormone, Na, Ca, P, K, Mg, Cr
- **Male Hormone Profile – Extensive (24 hour urine) [1216]:** T4, T3, T4/T3 ratios, Cortisol, DHEA, Testosterone, E1, E2; 17-ketosteroids, Total Hydroxy corticoids, ratios, Allo-tetrahydrocortisol, Tetrahydrocortisol, Progesterone, Tetrahydrocortisone, Tetrahydrodeoxycortisol, Aldosterone, Androsterone, Etiocholanolone, 11OH-androsterone, 11OH-etiocholanolone,11-ketoetiocholanone, 11-ketoandrosterone, Pregnanetriol (Pregnenolone), DHT metabolite, 2OHE1, 16αOHE1, 2:16 ratio, 4OHE1, Melatonin, Na, Ca, P, K, Mg, Cr
- **Adrenal Hormone Profile – Level 2 (spot urine) [1302]:** Cortisol, DHEA, 17-Keto Steroids, Total OH Corticoids, ratios, Aldosterone, Pregnanetriol (Pregnenolone).

## How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form test code and have the patient phone NutriPATH Customer Service on 1300 688 522.

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**Phone 1300 688 522 for further details**
**www.nutripath.com.au**