Many companies are now marketing Pregnenolone. Be aware of products that are labeled “natural”, or that claim to contain “actual extracts of the Mexican wild yam”, as this cannot be converted in the body to Pregnenolone.

Supplemental Pregnenolone must be synthetically produced. It is molecularly identical to the naturally occurring hormone, produced in our bodies, and has many benefits. Synthetic supplemental Pregnenolone is made from pharmaceutical grade ingredients.

There are significant differences in the purity and production of Pregnenolone preparations on the market. Not only is it very important that the active ingredients and other raw material/components used are, of the highest pharmaceutical grade/quality available, but also that the production of the finished dosage form be performed according to approved standards, valid for pharmaceutical products, prescription drugs, as well as “OTC” (Over the Counter) drugs – adhering to Good Manufacturing Practices (“GMP”). Preferably, there should be a “DMF” (Drug Master File)-number for all active ingredients, as issued by the “FDA” (Food & Drug Administration). Although this product is NOT A DRUG (no medical claims are being made), it is considered to be a Dietary Supplement, no compromises on the quality of the ingredients or on the production of the final dosage form are made.

While the US market does NOT demand adherence to these strict rules, other markets, e.g. Europe and Asia, ONLY accept products according to these standards, rules and regulations. As a result many products manufactured in the US, or abroad for the US market, do NOT MEET THESE CRITERIA and STANDARDS and must, therefore, be considered as inferior or even fraudulent.

For your safety and for efficacy reasons, make sure you only buy and use products produced in compliance with GMP, containing pharmaceutical grade ingredients. Not all products are alike! “More” or “cheap” is not always better! “EUROHEALTH™ HIGH POTENCY PREGNENOLONE”, containing the highest quality of 98%+ pure pregnenolone pharmaceutical grade, synthetically produced, is produced according to GMP, by EUROHEALTH, Inc.

Who should not take Pregnenolone?

Pregnenolone should not be taken by children, teenagers, adults under 40, pregnant women and nursing mothers. Individuals taking multiple prescription medication or suffering from serious and chronic disease states are advised to consult a physician before taking this product.

About EUROHEALTH®

EUROHEALTH® is a leading supplier of revolutionary and unique natural products for achieving optimal health, longevity as well as inner and outer beauty. Carrying the traditions of its American, Asian and European affiliations, having developed, produced and marketed innovative, state-of-the-art, effective and natural alternative products since the mid 1980’s, EUROHEALTH® has taken these innovations to global markets and recently into “Cyberhealth”. Hundreds of thousands of satisfied users can bear witness to the quality and the efficacy of its products.

Suggested Use:

As a dietary supplement, take one (1) capsule daily in the morning on an empty stomach. Do not exceed recommended dosage. For long-term continuous usage, consult your physician. Check your blood hormone levels regularly.

Ingredients

Pregnenolone, microcrystalline cellulose; gelatin (Gelatin approved by European Directorate for the Quality of Medicines, Council of Europe (EU), Strasbourg, France)

Available in tamper proof blister packs, 30 capsules to blister:

- 10 mg / 60 caps
- 25 mg / 60 caps
- 50 mg / 60 caps
- 10 mg / 120 caps
- 25 mg / 120 caps
- 50 mg / 120 caps

EUROHEALTH®

EUROHEALTH®, Inc., Perkasie, PA, USA
International Liaison Communication Numbers/Address:
Phone: +46-485-728 42
Fax: +46-485-725 81
Homepage: www.eurohealth.ch
e-mail: eurohealth@waterhotel.com

Visit Homepages like www.:
- eurohealth.ch
- cancermedicine.org
- totaloralhygiene.com
- tributyrate.com

Innovative Pregnenolone, offered by WATER HOTEL, is SYNTHETICALLY PRODUCED, IS PRODUCED ACCORDING TO "GMP", BY EUROHEALTH, INC.

For Nerve and Brain Health, Improved Memory, Mood, Well-Being, Concentration, Mental Alertness, Creativity, Energy Levels; Anti-depressant; Converts in the body to Testosterone, Estrogens and other Vital Hormones.

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CLINICALLY TESTED
Pregnenolone has also been tested with promising results in spinal cord and nerve injuries, due to accidents or disease. It is only fair to assume, that shortly Pregnenolone will prove to be instrumental in the Aging Process and Longevity and play a very important role in over-all Quality of Life. In the body Pregnenolone synthesizes into Progesterone, and via DHEA (dehydroepiandrosterone) into Testosterone and Estrogen. Further human studies are required in order to know the exact and the extent of these effects on human beings. Pregnenolone was first prepared in a laboratory in 1934. It has been clearly established that with age, the natural secretion of related hormones, including Pregnenolone, enzymes and other important bodily substances, drastically goes down – substances that are vital in order to have a functioning body and mind – as well as all other bodily functions do. One may ask: “What is the chicken and what is the egg, in this case?”

What are the Benefits of Supplemental Pregnenolone?

• **Brain**
  Pregnenolone plays a significant role in brain health. Because of Pregnenolone’s proven biochemical effects on the brain and the brain chemistry, it is only a fair hypothesis to make, that it would be one solution to treating diseases like: Anxiety, Obsessive-Compulsive Disorder (OBD), Dementia, Depression, Manic-depression, Alzheimer’s, Parkinson’s and aging in general, resulting in better memory, mood, well-being; peacefulness, mild euphoria, clear thinking, mental alertness, (psychic) energy, creativity, speech and vision.

• **Stress**
  Stress – no matter the source – causes elevated cortisol levels, with increased blood sugar levels, inhibition of the immune system, calcium loss (leading to osteoporosis) as a result. Pregnenolone, especially in combination with Melatonin, has proven to be very effective in relieving stress and stress symptoms.

• **Energy**
  Pregnenolone has anti-fatigue effects, both physiologically (“more pep”), as well as psychically – more mental energy.

• **Vision & Hearing**
  There are proofs that Pregnenolone provides enhanced visual and auditory perception.

• **Estrogen/Hormone-Replacement Therapy (ERT-HRT)**
  Can Pregnenolone be a replacement for traditional ERT/HRT?! Research indicates that this may be the case, especially together with DHEA (dehydroepiandrosterone), and complemented with human female hormones. The trick is to find the individual right combination of the supplemental hormones (Pregnenolone, DHEA, Melatonin, etc.) and the replacement hormones (e.g. Estrone, Estradiol, Estradiol) and the ratio of the two. More research is no doubt needed, but we have after all come a long way and the general information given in the literature, presented in this brochure, must be considered as “safe and efficacious”.

• **Arthritis & Autoimmune disorders**
  Treatment with Pregnenolone has shown marked clinical improvement in patients with Ankylosing Spondylitis, Lupus, Osteo- and Rheumatoid Arthritis and Scleroderma.

• **Neurological Help**
  Pregnenolone has also been used in treating Alzheimer’s Disease, Multiple Sclerosis (MS), nerve injuries, Parkinson’s Disease and seizures.

• **Depression**
  Pregnenolone has been successfully used in countering all types of depression.

• **Other Indications**
  Pregnenolone has been used in the treatment of Chronic Fatigue Syndrome/”CFS”, Addison Disease, high cholesterol levels, Immune System-deficiencies and skin conditions.

• **Anti-Aging/General Health and Well Being/Quality of Life/Longevity**
  Regardless of whether Pregnenolone lengthens the lifespan, it is evident that it does have some important therapeutic application, and used wisely, it may improve the Quality of Life of aging people. Pregnenolone itself, is a very potent memory and learning skill enhancer – maybe for nerve and brain health, having also been found to be instrumental in the Aging Process and Longevity and play a very important role in over-all Quality of Life. In the body Pregnenolone synthesizes into Progesterone, and via DHEA (dehydroepiandrosterone) into Testosterone and Estrogen. Further human studies are required in order to know the exact and the extent of these effects on human beings.

If DHEA is referred to as “The Mother Hormone”, Pregnenolone will qualify to be called “The Grandmother Hormone”. Pregnenolone was first prepared in a laboratory in 1934. It has been clearly established that with age, the natural secretion of related hormones, including Pregnenolone, enzymes and other important bodily substances, drastically goes down – substances that are vital in order to have a functioning body and mind – as well as all other bodily functions do. One may ask: “What is the chicken and what is the egg, in this case?”

Clinical research has shown Pregnenolone to be important for nerve and brain health, having also been found to be a potent memory and learning skill enhancer – maybe the most important so far discovered. It is also known to relieve arthritis. Pregnenolone has been used in treating depression, relieving stress, improving mood and sense of well-being. Additionally, it stimulates clear thinking, improves concentration, enhances alertness and promotes an overall better mental function/alertness, supporting improved creativity, making you think clearer and faster, keeping the brain functions at peak capacity, increasing the desire to learn and try new things. Pregnenolone also possibly influences the (psychic) energy levels. In studies Pregnenolone has been found to have a positive effect on Alzheimer’s, Multiple Sclerosis, Parkinson’s, seizures, Chronic Fatigue Syndrome (CFS), Diabetes mellitus, on Autoimmune disorders, such as Lupus and Scleroderma, Heart Disease, Muscle Building, the Immune System, Cholesterol levels, vision and hearing, PMS, Benign Prostate Hyperplasia, skin quality and weight loss.

Pregnolone and DHEA in Combination

Although Pregnenolone is a precursor to Progesterone and DHEA, which in turn is a precursor to several other hormones, e.g. all of our sex hormones (Testosterone, Estrogen, only to name a few), it is important to understand, that the conversion rate of Pregnenolone to these hormones is slowed down even more with age, than the actual production in the body of the hormones themselves. When we age, the enzymes secreted by the body governing the conversion of Pregnenolone to DHEA, is slowed at an even slower rate, than the applicable hormone secretions themselves. Therefore a “Hormone Cocktail”/a mix of these hormones is preferable, as we age. Both Pregnenolone (mainly for “its own” function as Pregnenolone – memory/memory improved alertness, mood/well-being, arthritis and for nerve/spine cell stimulation/regeneration) and DHEA (for its many well known important and beneficial physiological functions) can – and in most cases should – be taken together in recommended dosages.

What is recommended Intake?

Unless otherwise prescribed by a physician, only individuals over the age of 40 should be taking this product, as the levels of Pregnenolone in people prior to that age are usually sufficient. Take 10-50 mg daily, or according to doctor’s prescription. Take capsule in the morning on an empty stomach. For long-term continuous usage a physician should be consulted to establish the correct daily dosage. For healthy adults, 10 mg is recommended for people of 40 years of age, 25 mg for people over 50 years of age and 50 mg for people over 60 years of age, as general guidelines. Blood levels of Pregnenolone should be measured regularly – especially in younger subjects – to determine if supplementation is appropriate and a physician should monitor the dosages.