



### What Is DHEA?

DHEA is an acronym for the hormone dehydro-epiandrosterone. DHEA is the most plentiful androgenic hormone produced by the adrenal glands and **it is quite important to body builders and fitness minded people** because *in men, around 50% of all testosterone is derived from it*, while women derive over 75% of their estrogen from it.

DHEA levels in the body are quite high at birth, drop during childhood, and peak during young adulthood. DHEA levels then continue to drop throughout the course of your life. **We are excited that the hormone DHEA is now available synthetically as a nutritional supplement from House Of Muscle.**

### What Does DHEA Do?

*When people supplement with DHEA it has been shown to help them lose weight, burn fat, build muscle and increase their sex drive.*

Research at The University of California found that DHEA levels are lower in people who are depressed and when these test subjects supplemented with DHEA it improved their mental state. **Supplementation with DHEA can help maintain proper DHEA levels**

**in the body and can aid a person in his or her overall well being.**

Other research shows that DHEA supplementation can have positive effects on reducing cancer risk, controlling immunity, regulating blood sugar levels, reducing blood pressure, and decreasing allergic states. **DHEA supplementation can also help to increase lean muscle mass, elevate**



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function of the immune system, lower cholesterol, and have reversing effects on diabetes. DHEA can also help keep the brain clear and the skin smooth.

### Who Needs DHEA?

Because DHEA levels decrease with age, people above middle age can benefit tremendously from DHEA supplementation. **Body builders and fitness minded people of any age can obtain some of the greatest beneficial results from supplementing with DHEA. They can use DHEA supplementation to help build stronger muscles and lower body fat.**

### How Should You Take DHEA?

When used in the correct dosages, you can obtain all the positive

effects of DHEA without any side effects. But, as with any kind of hormone supplementation, when used incorrectly it can cause problems. **Taking between 300mg to 600mg daily usually yields the best results. Since the House Of Muscle DHEA supplement contains 300mg of pure pharmaceutical grade dehydroepiandrosterone (DHEA) per capsule, this means you only need to take either 1 or 2 capsules of House Of Muscle DHEA per day, with meals. Obviously since**

younger people produce more DHEA naturally, they should take less. Pregnant or nursing women should not take DHEA.

Well, there you have it — another powerful new supplement in the House Of Muscle supplement arsenal. **If you are looking to lose weight, burn fat, build muscle and promote overall well being — DHEA just might be the ticket.**

What are you waiting for? Get your House of Muscle DHEA today at:

**HouseOfMuscle.com**

*The statements made about this product have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.*