

DHEA

Active Ingredient

- DHEA (Dehydroepiandrosterone)

What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

What it is used for

This medication contains the active ingredient DHEA. DHEA is a natural steroid that is present in larger amounts in healthy individuals. Produced by our adrenal glands, it is a precursor for many other hormones including male and female sex hormones (androgens and estrogens). Maintaining DHEA levels ensures energy, vitality and the natural support of most functions that involve our endocrine system. However, DHEA levels in the body start to decrease after age 30 and occurs more quickly in women than men.

DHEA has therapeutic effects in many diverse medical conditions including cardiovascular disease, diabetes, high cholesterol, obesity, cancer, Alzheimer's disease, memory deficits, immune disorders (including AIDS), and osteoporosis, but is of special use in bio-identical hormone replacement, chronic fatigue and as anti-aging medication.

Before you take DHEA

When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding

- Suffer from any other medical conditions or take any other medications (including vitamins and complementary supplements) – ask us for a full list drug interactions and drug-disease interactions

How to take DHEA

How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product label if required.

How to take it

DHEA is best taken in the morning to mimic the body's natural production. DHEA can be taken with or without food.

If you forget to take it

Take it as soon as you remember. If it is almost time for your next dose, skip the dose you missed and take your next dose as normal. **Do not take two doses to make up for a dose you missed.**

If you take too much (overdose)

Immediately contact your doctor, the Poisons Information Centre (telephone 13 11 26) or go to the Accident and Emergency at the nearest hospital.

How to report side effects

If you experience any adverse experiences from this medication, you should report it via:

- Visiting www.tga.gov.au/reporting-problems
- Call Adverse Medicine Events Line on 1300 134 237

If it is an EMERGENCY call the Poisons Information Centre on 13 11 26 or call 000.

Side effects

Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.

Some side effects you may experience include:

- Acne
- Stomach upset
- Facial hair growth, deeper voice
- Hair loss

For a full list of possible side effects please contact us.

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Personally Made Medicine

Suite 5/166 Gooding Dr
Merrimac Qld 4226
P 1300 731 755 F 07 5530 6677

customcompounding.com.au
ABN 17 971 220 310

Storage

Products expire 6 months after preparation. Keep in the original packaging until you need to take your next dose.

Store your medication in a cool, dry place that is below 25°C and away from sunlight.



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