

## Pregnenolone Capsules

Please note that this product is a **COMPOUNDED MEDICINE**

### Active Ingredient

- Pregnenolone

### 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 Pregnenolone. Pregnenolone is a naturally occurring hormone that is found in our bodies and since the brain contains higher concentration than other organs or the blood.

Pregnenolone can be used to improve mood and memory, boost testosterone levels and immune system, fight the effects of fatigue and stress, improve heart health, relieve arthritis pain.

### Before you take Pregnenolone

#### 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

### How to take Pregnenolone

#### 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. The normal dose of this medicine

depends on several factors such as age, the condition that is being used for and the level of deficiency. Generally, the typical dosage range of this medicine is anywhere from 10 to 100 mg per day.

#### How to take it

Take in the morning on an empty stomach.

#### If you forget to take it

If you miss your dose at the usual time, apply your dose as soon as you remember and continue to apply it as you would normally.

#### 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](http://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.**

This medicine is usually well-tolerated. Some side effects you may experience include:

- Skin rashes
- Acne
- Hair loss
- Diarrhea
- Constipation

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

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

[customcompounding.com.au](http://customcompounding.com.au)  
ABN 17 971 220 310