

## 7-Keto® DHEA Metabolite

### DESCRIPTION

7-Keto® DHEA Metabolite, provided by Douglas Laboratories, supplies 100 mg of 3-acetyl-7-oxo-dehydroepiandrosterone, (a naturally occurring metabolite of DHEA) in each capsule to support healthy weight management.<sup>††</sup>

### INDICATIONS

Support healthy weight management and body composition<sup>††</sup>

### FUNCTIONS

The 7-Keto® metabolite of DHEA is a natural, non-steroidal molecule that is produced in the body from DHEA. This metabolite is chemically different from DHEA and cannot convert back into DHEA in the body. Studies indicate that 7-Keto may be useful in supporting healthy weight management while following an exercise program and healthful diet.<sup>††</sup>

During the normal aging process, natural levels of 7-Keto begin to decline. Research in animals also shows that aging may have an effect on the body's ability to maintain optimum thermogenesis (fat burning) activity. Recent research indicates that 7-Keto may play important roles in supporting a healthy weight by activating thermogenic enzymes.<sup>††</sup>

Several clinical studies have been conducted in healthy overweight adults. In one double-blind, placebo-controlled study, subjects given 200 mg of 7-Keto reduced body weight more significantly compared with placebo while maintaining a diet and exercise regimen. No significant changes in blood glucose, hormonal levels, liver enzymes or renal function were experienced and no adverse side effects were reported. In another double-blind, placebo-controlled study, after 8 weeks subjects on an exercise program and healthful diet lost significantly more weight compared with placebo. The natural metabolite 7-Keto was again well tolerated, and no significant adverse effects were reported. Additional studies indicate that 7-Keto cannot convert into other steroid hormones in the body and does not affect estrogen, testosterone or progesterone levels in the body.<sup>††</sup>

### FORMULA (#99246)

Each vegetarian capsule contains:

7-Keto® ..... 100 mg  
(3-acetyl-7-oxo-dehydroepiandrosterone)

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), and vegetable stearate

7-Keto® is a trademark of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3β-acetate.

### SUGGESTED USE

Adults take 1 capsule twice daily with meals or as directed by a healthcare professional.

**Warning:** Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## 7-Keto® DHEA Metabolite

### REFERENCES

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**For more information on 7-Keto® DHEA Metabolite, visit [douglaslabs.com](http://douglaslabs.com)**

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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