

DHEA DOSAGE INSTRUCTIONS

*5mg DHEA doses between 6-8am & 11-1pm, Always take DHEA capsule with fat (eg. Almond butter)

WEEK #	6-8AM	11-1PM
WEEK 1	5mg	0
WEEK 2	5mg	5mg
WEEK 3	10mg	5mg
WEEK 4	10mg	10mg
WEEK 5	15mg	10mg
WEEK 6	15mg	15mg

Increase dosage by 5mg/week until you feel better and then worse.

When you feel worse, drop the dosage down to previous level.

Take for 6-12 weeks, test adrenals again, then begin to wean off the DHEA.

*Adverse effects: male hair growth, acne, fatigue