6TH CLINICAL SYNOPSIS

THE EFFECTS OF BOD•Ē PRO TEN ON DHEA

Human Clinical Study 6th Pilot Project

ABSTRACT

A pilot study was undertaken to observe a possible increase effects of Bod•ē Pro TEN, a dietary supplement, on DHEA blood levels in subjects with normal healthy levels.

Dehydroepiandrosterone (DHEA), a hormone produced by the adrenal glands. It is a precursor to the sex hormones estrogen and testosterone. Blood levels of DHEA peak in one's twenties. Then they decline dramatically with age, decreasing to 20-30% of peak youthful levels between the ages of 70 and 80. Subjects' DHEA (blood marker for blood hormone levels) were assessed monthly up to 12 weeks taking two Bod•ē Pro TEN supplements daily. Ten individuals participated in the study.

Although sample sizes were small, statistical evaluation using matched pairs T test showed that the group experiencing slightly higher than normal blood DHEA levels were significantly upregulated with supplementation ($p < 0.05$). The unit change in up-regulation of blood DHEA was also statistically significant ($p < 0.05$). A study is warranted to observe this effect in a larger population. No untoward side effects were observed in either group supplementing with Bod•ē Pro TEN for 12 weeks.

INTRODUCTION

Dehydroepiandrosterone (DHEA), a hormone produced by the adrenal glands; it is a precursor to the sex hormones estrogen and testosterone. Blood levels of DHEA peak in one's twenties. Then they decline dramatically with age, decreasing to 20-30% of peak youthful levels between the ages of 70 and 80.

METHODS

Ten participant 3 females and 7 males between the ages of 40 and 70 were admitted into the study. All participants signed a voluntary consent form and were informed of the dietary supplements' ingredients, Bod•ē Pro TEN, and safety. The DHEA test was chosen to measure the effects of Bod•ē Pro TEN on normal DHEA levels.

Standards for DHEA Levels

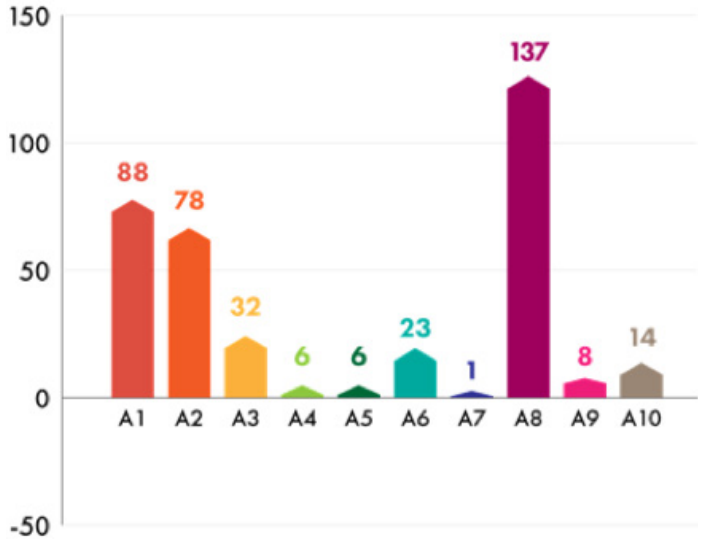
Premature	<40 ng/mL*	11-14 years	<5.0 ng/mL
0-1 day	<11 ng/mL*	15-18 years	<6.6 ng/mL
2-6 days	<8.7 ng/mL*	19-30 years	<13 ng/mL
7 days-1 month	<5.8 ng/mL*	31-40 years	<10 ng/mL
>1-23 months	<2.9 ng/mL*	41-50 years	<8.0 ng/mL
2-5 years	<2.3 ng/mL	51-60 years	<6.0 ng/mL
6-10 years	<3.4 ng/mL	> or =61 years	<5.0 ng/mL

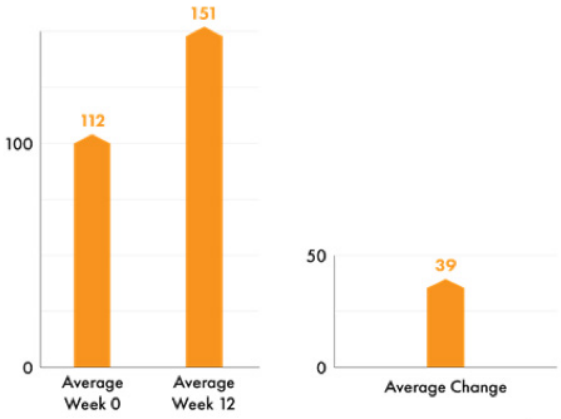
*Source: Dehydroepiandrosterone. In Pediatric Reference Ranges. 5th edition. Edited by SJ Soldin, C Brugnara, EC Wong. Washington, DC, AACC Press, 2005, p 75

RESULTS

The ten subjects involved in the study observed DHEA levels increase 1 – 137 ng/mL. The average increase in DHEA levels was 39 ng/mL; a 34.8% increase from the beginning DHEA average.

	DHEA		
	WEEK 0	WEEK 12	CHANGE
Participant A1	294	382	↑ 88
Participant A2	75	153	↑ 78
Participant A3	70	102	↑ 32
Participant A4	104	110	↑ 6
Participant A5	48	54	↑ 6
Participant A6	63	86	↑ 23
Participant A7	129	130	↑ 1
Participant A8	97	234	↑ 137
Participant A9	108	116	↑ 8
Participant A10	123	137	↑ 14





	DHEA Average		
	WEEK 0	WEEK 12	CHANGE
Group A	112	151	↑ 39

CONCLUSION

This preliminary evaluation shows the possibility that this supplement, Bod•ē Pro TEN may have a beneficial effect towards helping maintain healthy DHEA levels within the normal range and warrants further study with a larger population.*

REFERENCES

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3. Dehydroepiandrosterone. In Pediatric Reference Ranges. 5th edition. Edited by SJ Soldin, C Brugnara, EC Wong. Washington, DC, AACC Press, 2005, p 75.