

7-Keto™

DESCRIPTION

7-Keto™, provided by Douglas Laboratories, supplies 100 mg of 3-acetyl-7-oxo-dehydroepiandrosterone, (a naturally occurring metabolite of DHEA) in each capsule.

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 promoting weight loss without the use of stimulants while following an exercise program and healthful diet.†

As humans age, 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 activating thermogenic enzymes and promoting weight loss.

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.

INDICATIONS

7-Keto may be a useful dietary supplement for individuals wishing to support a healthy weight management plan that includes an exercise program and healthful diet.

FORMULA (#99246)

Each vegetarian capsule contains:

7-Keto™ 100 mg
(3-acetyl-7-oxo-dehydroepiandrosterone)

7-Keto is a trademark of Humanetics Corporation

SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

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

REFERENCES

Baulieu EE, Emiliozzi R., and Corpechot C. Isolation of the ester-sulfate of 5 androstene 3 beta-ol 7, 17 dione in peripheral venous plasma. *Experientia XVII* (1961) 17:110-111.

Lardy H., Kneer N., Bellei M., and Bobyleva V. Induction of thermogenic enzymes by DHEA and its metabolites. *Annals New York Academy of Sciences* (1995) 774:171-179.

Lardy H, Kneer N, Wei Y, et al. Ergosteroids. II: Biologically active metabolites and synthetic derivatives of dehydroepiandrosterone. *Steroids* 1998;63:158-65.

Colker CM, Torina GC, Swain MA, Kalman DS. Double-blind study evaluating the effects of exercise plus 3-acetyl-7-oxo-dehydroepiandrosterone on body composition and the endocrine system in overweight adults. *J Exercise Physiology Online* 1999;2(4).

Zenk, JL et al. The Effect of 7-Keto Natural on Weight Loss: A Randomized, Double-Blind, Placebo-Controlled Trial. *Current Therapeutic Research* 2002;63:263-272.

†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.

Manufactured by
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