

DHEA (dehydroepiandrosterone):

Dehydroepiandrosterone (DHEA) and its sulfate, DHEA-S, are plentiful adrenal steroid hormones that decrease with aging and may have significant neuropsychiatric effects on both mood and memory. Several major university studies have shown that DHEA is as effective in treating depression as prescription medications.

Researchers are not yet certain how DHEA alleviates depression, but both DHEA and DHEAS can cross the blood-brain barrier and interact with the brain directly. DHEA affects serotonin, GABA receptors and other brain factors and a recent study indicates it might modulate the serotonin signaling pathway.

DHEA also helps to alleviate stress by counteracting cortisol, the stress hormone. Studies have determined that some depressed individuals have unusually high levels of cortisol.

Some possible benefits of supplementation with DHEA include improved mood and memory, an increase in energy, and higher metabolism.