



# What You Need to Know About DHEA / DHEA: A practical Guide

*M.D. RAY SAHELIAN*

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## **What You Need to Know About DHEA / DHEA: A practical Guide** M.D. RAY SAHELIAN

Dehydroepiandrosterone (DHEA), is a natural steroid prohormone produced from cholesterol by the adrenal glands, the gonads, adipose tissue, brain and in the skin (by an autocrine mechanism). DHEA is the precursor of androstenedione, which can undergo further conversion to produce the androgen testosterone and the estrogens estrone and estradiol.

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