

Ask yourself:

1. Are you experiencing chronic illness or fatigue?
2. Do you have trouble sleeping or do you awaken without feeling rested?
3. Has your energy level decreased?
4. Do you have food or environmental allergies?
5. Are you experiencing stress in your life?
6. Are you over thirty-five?
7. Has your doctor warned you about your risk of autoimmune disease, cardiovascular disease, or cancer?
8. Would you like to feel more vibrant and alive than you do now?

If you answered "yes" to any of these questions, you should ask your doctor about the non-invasive Salivary DHEA Assay.



Great Smokies Diagnostic LaboratorySM

63 Zillicoa St. • Asheville, NC 28801-1074

To find a health care provider near you who uses this test contact Great Smokies Diagnostic Laboratory at:

800-522-4762

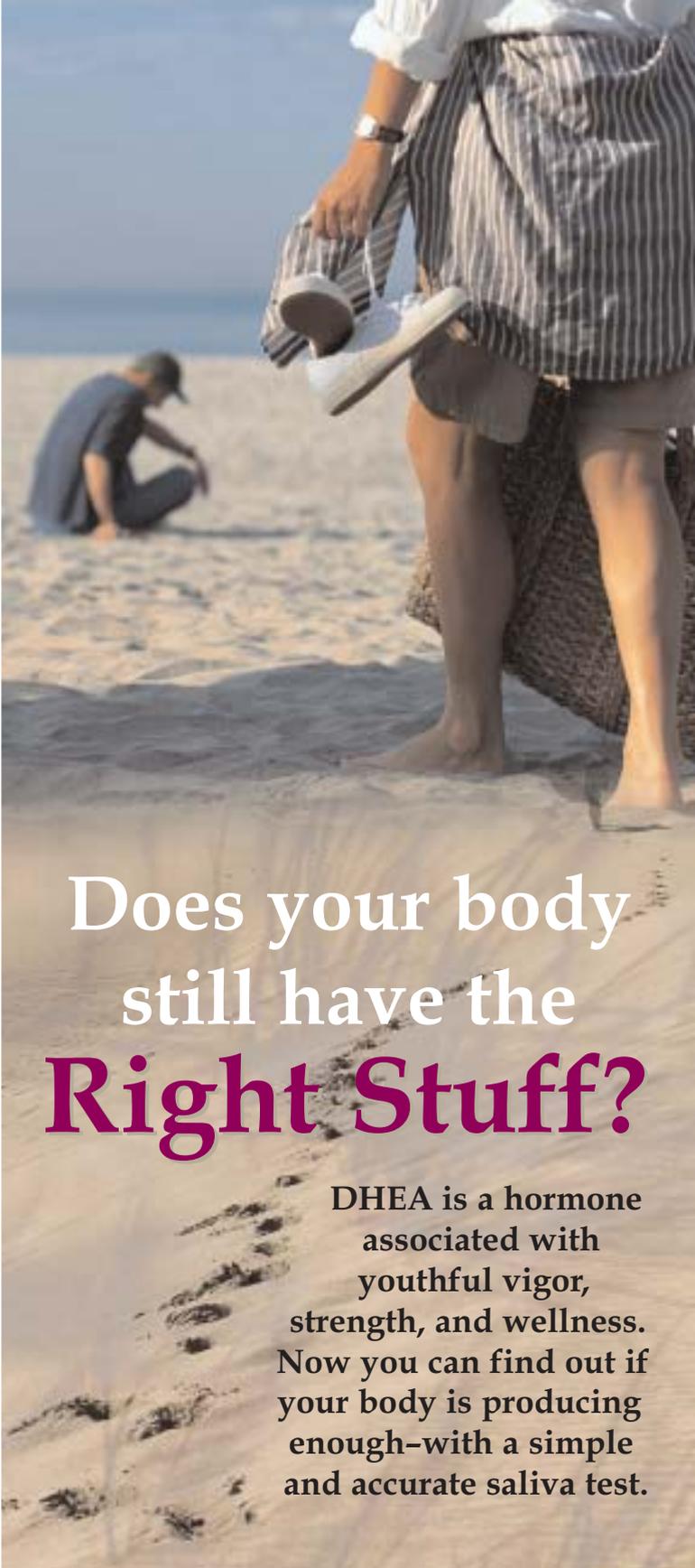
FAX 828-252-9303

This information is for educational purposes only. It is not meant for use as a diagnostic guide. Please consult directly with your health care provider for diagnosis and treatment options. Physicians may deem it medically necessary to order a single test or a portion of a profile.

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or visit our web site at www.greatsmokies-lab.com**

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Does your body
still have the
Right Stuff?

DHEA is a hormone associated with youthful vigor, strength, and wellness. Now you can find out if your body is producing enough—with a simple and accurate saliva test.

What is DHEA?

DHEA (dehydroepiandrosterone) is a hormone produced by the adrenal glands. Your body uses DHEA to boost immunity, strengthen the heart, regulate sleep, reduce fat, enhance sex drive and improve memory. For these reasons, DHEA has become known as the "anti-aging hormone."

DHEA serves as your body's main source material for producing important sex hormones, such as estrogen and testosterone. As you get older, however, your body may produce less and less DHEA (see graph below right). This decrease is often accompanied by a drop in energy levels, decreased muscle tone, depressed mood, and a gradual weakening in the body's natural defense against illness and disease.

How does DHEA affect my health?

Clinical studies have associated DHEA with enhanced protection of brain cells from age-associated disease. DHEA seems to have an affinity for brain tissue, and clinicians have found as much as seven times as much DHEA there as in the bloodstream. One recent clinical study found that DHEA improved the symptoms of Alzheimer's patients.

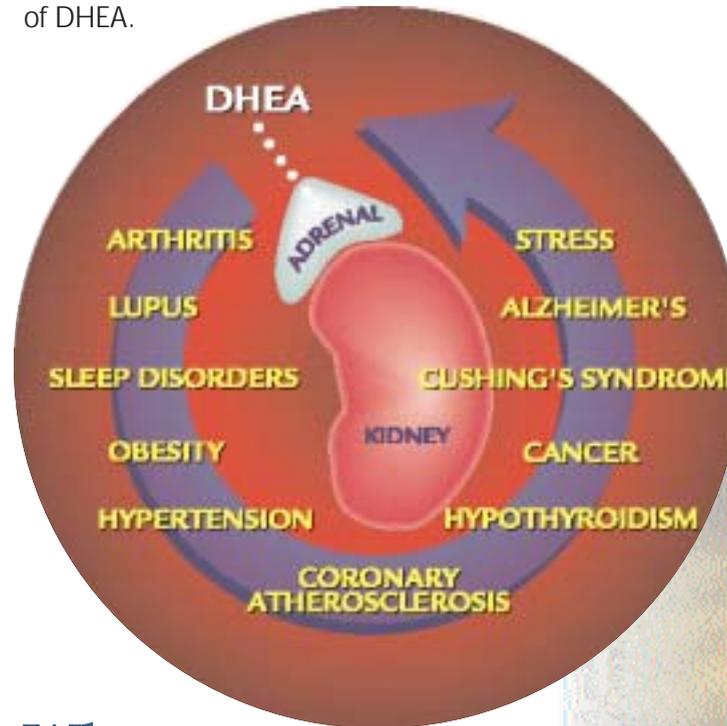
Research suggests that optimal levels of DHEA may also help the body defend against other degenerative conditions:

- Osteoporosis
- Cardiovascular Disease
- AIDS and Autoimmune Diseases
- Certain Forms of Cancer
- Thyroid Disease
- Diabetes

Although DHEA's label as the "miracle hormone" may be slightly overstated, clinical evidence does support its powerful role in strengthening the body's immune, metabolic, and reproductive functions.

How do my DHEA levels change?

Age has a tremendous impact on DHEA levels. For both men and women, DHEA levels normally peak between the ages of 20 and 30. After that they decline rapidly. By the time a person reaches 60, his or her body may contain less than half the amount of DHEA it did during youth. Diet, exercise, illness, and stress can also influence your circulating levels of DHEA.



Why test my DHEA levels?

Balance is the important word in talking about the body's hormone systems. For that reason, it's always wise to determine your body's natural levels first before supplementing with any hormone.

The Salivary DHEA Assay will allow you to establish your body's unique needs for DHEA. Then, with advice from your health care provider, you can better decide whether supplementing or another form of therapy may be right for you. Afterwards, the test can help you monitor therapy--ensuring that your treatment is safe and effective.

What are the advantages of this DHEA test?

Our DHEA salivary test is a quick and easy way to find out how much DHEA is in your body. Using an advanced technique called radioimmunoassay, this test analyzes a small saliva sample to determine the amount of free, active DHEA stored in your body.

The saliva sample can be easily collected at home or work. Your test report will clearly show how your results compare with normal values for men and women within your age group.

Once you have your DHEA test results, you'll know whether your DHEA levels are adequate, and whether supplements, diet, or lifestyle changes are establishing the proper balance that is so vital for your optimal health. Talk to your health care provider today about how you can benefit from a DHEA test.

Decline of DHEA in Person's Lifetime

