

# 7-Keto®

## *Thermogenic aid to support fat metabolism*

7-Keto® is a shorthand name for the compound 3-acetyl-7-oxo dehydroepiandrosterone (DHEA), which is converted upon digestion to 7-oxo DHEA, a DHEA metabolite naturally found in the body. This compound plays a role in supporting an efficient metabolism, favoring the use of fat for energy, and may help protect against some of the unfavorable effects of stress. While the body may convert DHEA, itself, into estrogenic or androgenic hormones (which may be undesirable in some individuals), 7-oxo DHEA is not subject to this conversion.

High levels of cortisol, the body's primary stress hormone, may interfere with the availability and activity of 7-oxo DHEA because the two compete for some of the same enzyme systems. Additionally, 7-oxo DHEA levels naturally decline with age; therefore, some individuals may benefit from supplementing with this compound.

For certain individuals, a healthy diet and regular exercise are not enough to reach their goals with regard to weight loss and body composition. When combined with moderate exercise and a reduced-calorie diet, 7-Keto® may facilitate greater weight loss than diet and exercise alone. Moreover, 7-Keto® works at the cellular level to influence the activity of enzymes involved in converting fuel (fats and carbohydrates) into energy, and may promote greater use of fat (and stored body fat) than carbohydrates.

Physical and mental stress can raise cortisol levels, as can dieting, if the caloric restriction is too severe and/or meals are not properly spaced throughout the day. This elevation of cortisol may have effects that interfere with weight loss—including a reduction in 7-oxo DHEA—with the result being that the harder one tries to lose weight, the more difficult it becomes. Thus, maintaining adequate 7-oxo DHEA levels may be beneficial for fat loss. High cortisol levels also interfere with optimal functioning of the immune system. By helping to optimize levels of 7-oxo DHEA, 7-Keto® may support healthy immunity during times of occasional increased stress.

### **Recommended Use:**

- As a dietary supplement, take one capsule twice per day, or as directed by your health care practitioner.
- Unlike other 7-keto DHEA supplements, our version of 7-Keto® has enhanced bioavailability due to the addition of lecithin, an emulsifier that increases its absorption in the gut. Thus 7-Keto® may be taken on an empty stomach first thing in the morning before breakfast and again 12 hours later, regardless of meal times. (Consult your healthcare practitioner for instructions regarding proper use of this product.)

### **7-Keto® may help to:**

- Facilitate weight loss without the use of stimulants
- Compensate for age-related decline in 7-oxo DHEA production
- Compensate for cortisol-induced reduction of 7-oxo DHEA
- Support the immune response in the elderly and individuals under occasional stress



\*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.

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