

DHEA 100mg Oral Capsule

Visually Impaired

If you are visually impaired and need help reading your label we can help. At your request, a prescription reader is available to patients in need. If you need help, please contact the pharmacy at 727-498-1228 and speak to a technician or pharmacist who will be able to advise you on your options and the cost. Additional charges do apply.

What is this medication?

Generic Name: Dehydroepiandrosterone (DHEA).

DHEA is a hormone naturally produced by the adrenal glands. It serves as a precursor to both estrogen and testosterone. Supplemental DHEA is used for:

- Adrenal insufficiency
- Menopausal symptoms
- Sexual dysfunction
- Mood or energy support
- Fertility support in women (e.g., IVF protocols)
- Muscle mass preservation or fatigue in aging adults

DHEA is available in prescription or compounded strengths, and also sold as a dietary supplement.

What are the ingredients?

Active Ingredient: DHEA 100 mg

If you have any further questions or concerns about the ingredients used in your customized, compounded formulation, please contact one of our pharmacists at 727-498-1228.

What should I tell my healthcare provider before I take this medication?

Tell your provider if you:

- Have a history of hormone-sensitive cancer (e.g., breast, uterine, ovarian, prostate)
- Have liver dysfunction
- Have PCOS, acne, or excess hair growth
- Are taking other hormone therapies (testosterone, estrogen, progesterone)
- Are pregnant, planning to become pregnant, or breastfeeding

How should I use this medication?

- Take exactly as prescribed, typically once daily in the morning.
- May be taken with or without food. Taking with food may reduce any stomach upset.
- Swallow capsule whole with water. Do not crush or chew.

What if I miss a dose?

Take it as soon as you remember.

If it's close to your next scheduled dose, skip the missed dose—do not double up.

What may interact with this medication?

Potential interactions may occur with:

- Testosterone, estrogens, progesterone
- Steroids (e.g., prednisone)
- Thyroid medications
- Insulin or diabetes drugs
- Herbal supplements that affect hormones (e.g., saw palmetto, black cohosh)

Always check with your provider before starting or stopping any medication, including non-prescription products.

What side effect:

Common side effects (especially at higher doses like 100 mg):

- Acne or oily skin
- Hair growth on face/body (in women)
- Mood changes or irritability
- Deepened voice (rare)
- Insomnia or restlessness

Serious (less common) side effects:

- Hormonal imbalance or irregular periods
- Breast tenderness or enlargement (men or women)
- Prostate issues (in men)
- Liver enzyme elevation (rare)

This list may not describe all possible side effects. Call your doctor for medical advice about side effects and any unusual problems while taking this medication. If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program, online (www.fda.gov/Safety/MedWatch) or by phone (1-800-332-1088)

What should I watch while using this medication?

Routine hormone testing (DHEA-S, testosterone, estradiol, etc.) may be required.

Watch for signs of androgen excess (acne, hair growth, irritability).

Monitor mood, libido, and sleep patterns.

Notify your provider of any changes in menstrual cycle, breast tissue, or prostate symptoms.

Where should I keep my medication?

Store at room temperature (68–77°F or 20–25°C).

Keep container tightly closed and dry.

Protect from direct heat, light, and moisture.

Keep out of reach of children and pets.

Disposal: Do not flush or pour unused medication down the drain. The best option is to use a DEA-authorized drug take-back location, which you can find at rxdrugdropbox.org. If that's not available, mix the medication (still in its vial or drawn into a syringe) with an undesirable substance like used coffee grounds or cat litter, seal it in a plastic bag, and discard it in the household trash—after removing any personal information from the label. Used syringes must be placed in an FDA-cleared sharps container and taken to an appropriate sharps disposal site. If you're unsure, contact your pharmacist at 727-498-1228 for guidance.

OFFER TO COUNSEL NOTICE

You are receiving this notice because you or your physician recently requested a compounded prescription to be filled by our pharmacy. You are entitled to receive medication counseling from one of our pharmacists regarding the following: Name and description of medication. Dose, route of administration, and duration of medication. Intended use of medication and expected action. Special directions and precautions for use. Common adverse effects or interactions. Techniques for self-monitoring. Proper storage. Prescription refill information.

You may contact a pharmacist at (727) 498-1228 Monday through Friday, 9AM to 5PM EST and Saturday 9AM-1PM EST.

PharmaLabs' notice of Privacy Practices may be viewed on the company website. You may view and acknowledge receipt of these offers or refuse your right to be counseled online at: <http://www.plabrx.com/offer>

Our pharmacists will be happy to discuss any additional questions or concerns you may have.

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.