

DHEA



Fact Sheet – DHEA

Original material courtesy of the Australian Sports Drug Agency – www.asda.org.au

DHEA (dehydroepiandrosterone)

DHEA is a steroid with androgenic/anabolic properties. It is a naturally occurring substance that assists in the body's production of many endogenous steroids. It can be administered orally or by injection.

Manufacturers claim the benefits of DHEA use include anti-aging properties and reduced fat, increase lean muscle tissue and increased testosterone production. Testosterone is the hormone responsible for development of male sex organs and secondary sex characteristics. There is little independent medical research to support the manufacturer's claims on DHEA's benefits.

Side effects

As it is classed as an androgenic/anabolic steroid, the use of DHEA may produce the following side effects: hair loss, deepened voice, acne and infertility. However, the effects of DHEA use over a prolonged period are unclear.

Status in sport

DHEA is prohibited under the WADA Prohibited List because of its anabolic properties.