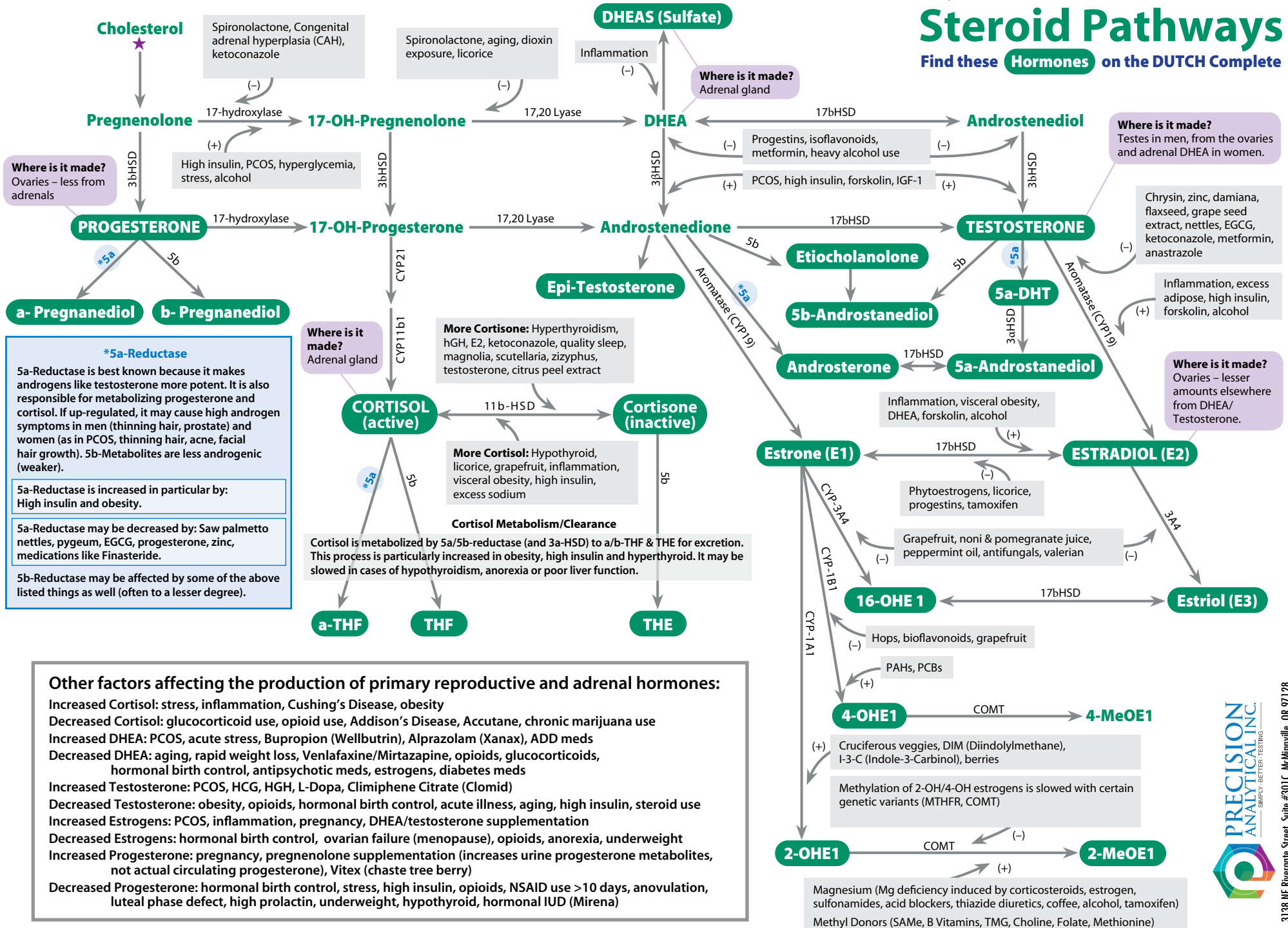


Primary hormones (in CAPS) are made by organs by taking up cholesterol **★** and converting it locally to, for example, progesterone. Much less is made from circulating precursors like pregnenolone. For example, taking DHEA can create testosterone and estrogen, but far less than is made by the testes or ovaries, respectively.

# Steroid Pathways

Find these **Hormones** on the **DUTCH Complete**



Information on this chart is for educational purposes only and is not a suggestion for supplementation with any of the listed items. References available upon request.