

# Maintaining Healthy Testosterone Levels: 5- $\alpha$ Reductase Inhibitors

5- $\alpha$  reductase is a key enzyme in the body which regulates the conversion of testosterone to a hormone called dihydrotestosterone (DHT). When testosterone is converted to DHT, testosterone is lowered and can no longer work effectively. This can result in conditions such as enlargement of the prostate in men, hair loss in both men and women, and extra facial hair and acne in women. There are several foods, herbs, and supplements that can be used to inhibit or slow 5- $\alpha$  reductase activity and thus decrease or prevent these symptoms.



## *Foods that Inhibit 5- $\alpha$ Reductase*

- Green tea
- Flax seed (lignans)
- Soy isoflavones
- Fatty fish (omega-3 fats)

## *Herbs that Inhibit 5- $\alpha$ Reductase*

- Saw palmetto (*Serenoa repens*)
- Stinging nettle root (*Urtica dioica*)
- Chaste tree berry (*Vitex agnus-castus*)
- Black cohosh (*Actaea racemosa*)
- Pygeum (*Pygeum africanum*)

## *Nutrients/Phytonutrients that Inhibit 5- $\alpha$ Reductase*

- Quercetin
- Omega-3 fish oils
- Krill (astaxanthin)
- Beta-sitosterols
- L-lysine
- Rice bran

## REFERENCES

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