

Test yourself for DHEA Deficiency

| Signs and symptoms of DHEA Deficiency | | No Never | Little Rarely | Moderate Regularly | Much Often | Extreme Constant |
|---------------------------------------|--|--------------------------|---------------|--------------------|------------|------------------|
| 1. | My hair is dry | 0 | 1 | 2 | 3 | 4 |
| 2. | My skin and eyes are dry | 0 | 1 | 2 | 3 | 4 |
| 3. | My muscles are flabby | 0 | 1 | 2 | 3 | 4 |
| 4. | My belly is getting fat | 0 | 1 | 2 | 3 | 4 |
| 5. | I don't have much hair under my armpits (0=plenty of hair / 4=hairless) | 0 | 1 | 2 | 3 | 4 |
| 6. | I don't have much hair in the pubic area (0=plenty of hair / 4=hairless) | 0 | 1 | 2 | 3 | 4 |
| 7. | I don't have much fatty tissue in the pubic area (Flat "mount of Venus" in women). (0=padded/ 4= flat) | 0 | 1 | 2 | 3 | 4 |
| 8. | My body doesn't have much of a special scent during sexual arousal | 0 | 1 | 2 | 3 | 4 |
| 9. | I can't tolerate noise. | 0 | 1 | 2 | 3 | 4 |
| 10. | My libido is low | 0 | 1 | 2 | 3 | 4 |
| Total | | | | | | |
| Overall total | | | | | | |
| Score | 10 or less | Satisfactory level | | | | |
| | Between 10 and 20 | Possible DHEA deficiency | | | | |
| | 21 or more | Probable DHEA deficiency | | | | |