

Test yourself for Pregnenolone Deficiency

| Signs and symptoms of Pregnenolone Deficiency | | No Never | Little Rarely | Moderate Regularly | Much Often | Extreme Constant |
|---|--|----------------------------------|------------------|-----------------------|---------------|---------------------|
| 1. | I have memory loss | 0 | 1 | 2 | 3 | 4 |
| 2. | My joints hurt (fingers, wrists, elbows, feet, ankles, knees) | 0 | 1 | 2 | 3 | 4 |
| 3. | I'm feeling a bit drained and I have a hard time handling stress | 0 | 1 | 2 | 3 | 4 |
| 4. | I don't see colors as brightly as before. | 0 | 1 | 2 | 3 | 4 |
| 5. | I have lost interest in art; I don't appreciate art as much anymore | 0 | 1 | 2 | 3 | 4 |
| 6. | I don't have much hair under my arms or in the pubic area (0=plenty of hair / 4=hairless) | 0 | 1 | 2 | 3 | 4 |
| 7. | My muscles are flabby | 0 | 1 | 2 | 3 | 4 |
| 8. | I have abundant, light-colored urine during the day | 0 | 1 | 2 | 3 | 4 |
| 9. | I have low blood pressure | 0 | 1 | 2 | 3 | 4 |
| 10. | I crave salty foods | 0 | 1 | 2 | 3 | 4 |
| Total | | | | | | |
| Overall total | | | | | | |
| Score | 10 or less | Satisfactory level | | | | |
| | Between 10 and 20 | Possible pregnenolone deficiency | | | | |
| | 21 or more | Probable pregnenolone deficiency | | | | |