

Acetate		18/08/08 19:35							
↓									
Cholesterol	C ₂₇ H ₄₆ O C ₂₇ H ₄₆ O	75- 80%	By body	From carbohydrates e.g. Sugar & white flour	DHEA – S	95% in blood (non biologically active – the reservoir)			
http://en.wikipedia.org/wiki/Cholesterol									
↓					Sulfatases enzymes	↑↓	Sulfokinases enzymes		
Pregnenolone	C ₂₁ H ₃₂ O ₂ C ₂₁ H ₃₂ O ₂	+ O	→	17-hydroxypregnenolone C ₂₁ H ₃₂ O ₃ C ₂₁ H ₃₂ O ₃	C ₂ H ₂ O	C ₁₉ H ₂₈ O ₂ DHEA – 5% in blood	+ H ₂	Androstenediol C ₁₉ H ₃₀ O ₂ C ₁₉ H ₃₀ O ₂	http://www.yourmenopause.com/steroidpathway/androstenediol.htm
http://en.wikipedia.org/wiki/Pregnenolone				http://en.wikipedia.org/wiki/17-Hydroxypregnenolone		http://en.wikipedia.org/wiki/Dehydroepiandrosterone			
↓									
Progesterone	C ₂₁ H ₃₀ O ₂ C ₂₁ H ₃₀ O ₂	+ O	→	17-Hydroxyprogesterone C ₂₁ H ₃₀ O ₃ C ₂₁ H ₃₀ O ₃	C ₂ H ₂ O	Androstenedione C ₁₉ H ₂₆ O ₂ C ₁₉ H ₂₆ O ₂	+ H ₂	Testosterone C ₁₉ H ₂₆ O ₂ C ₁₉ H ₂₆ O ₂	http://en.wikipedia.org/wiki/Testosterone
http://en.wikipedia.org/wiki/Progesterone				http://en.wikipedia.org/wiki/17-Hydroxyprogesterone		http://en.wikipedia.org/wiki/Androstenedione			ANDROGENS
↓									
11-Deoxycorticosterone	C ₂₁ H ₃₀ O ₃ C ₂₁ H ₃₀ O ₃	+ O	→	11-Deoxycortisol C ₂₁ H ₃₀ O ₄ C ₂₁ H ₃₀ O ₄		Estrone – E1 C ₁₈ H ₂₆ O ₂ C ₁₈ H ₂₆ O ₂	+ H ₂	Estradiol – E2 C ₁₈ H ₂₄ O ₂ C ₁₈ H ₂₄ O ₂	http://en.wikipedia.org/wiki/Estradiol
http://en.wikipedia.org/wiki/Dictionary_of_chemical_formulas/C21				http://www.yourmenopause.com/steroidpathway/11deoxycortisol.htm		http://en.wikipedia.org/wiki/Estrone			
↓									
Corticosterone	C ₂₁ H ₃₀ O ₄ C ₂₁ H ₃₀ O ₄	+ O	→	Cortisol – Hydrocortisone C ₂₁ H ₃₀ O ₅ C ₂₁ H ₃₀ O ₅		Estriol – E3 C ₁₈ H ₂₄ O ₃ C ₁₈ H ₂₄ O ₃			All have Phenol D ring
http://en.wikipedia.org/wiki/Corticosterone				http://en.wikipedia.org/wiki/Cortisol		http://en.wikipedia.org/wiki/Dictionary_of_chemical_formulas/Merge/C18			ESTROGENS
↓									
18-Hydroxycorticosterone	C ₂₁ H ₃₀ O ₅ C ₂₁ H ₃₀ O ₅	- H ₂	→	Aldosterone C ₂₁ H ₂₈ O ₅ C ₂₁ H ₂₈ O ₅					
http://www.yourmenopause.com/steroidpathway/18hydroxycorticosterone.htm				http://en.wikipedia.org/wiki/Dictionary_of_chemical_formulas/C21					
	MINERALOCORTICIDS			GLUCOCORTICIDS					
Chemical Formula	Vitamin generic descriptor name	Vitamin chemical name(s)	Solubility	Recommended dietary allowances (male, age 19–70)[14]	Deficiency disease[14]	Upper Intake Level (UL/day)[14]	Overdose disease		
C12 H17 N4 O S	Vitamin B1	Thiamine	Water	1.2 mg	Beriberi	N/D[16]	?		
C17 H20 O6 N4	Vitamin B2	Riboflavin	Water	1.3 mg	Ariboflavinosis	N/D	?		
C6 H5 N O2	Vitamin B3	Niacin, niacinamide	Water	16.0 mg	Pellagra	35.0 mg	Liver damage (doses > 2g/day)[17] and other problems		
C9 H16 N O5	Vitamin B5	Pantothenic acid	Water	5.0 mg[18]	Paresthesia	N/D	?		
C8 H11 N O3	Vitamin B6	Pyridoxine, pyridoxamine, pyridoxal	Water	1.3-1.7 mg	Anaemia[19]	100 mg	Impairment of proprioception, nerve damage (doses > 100 mg/day)		
C19 H19 N7 O6	Vitamin B7	Biotin	Water	30.0 µg	Dermatitis, enteritis	N/D	?		
C63 H88 Co N14 O14 P	Vitamin B9	Folic acid, folinic acid	Water	400 µg	Deficiency during pregnancy	1,000 µg	Refer to deficiency of Vitamin B6		
	Vitamin B12	Cyanocobalamin, hydroxycobalamin	Water	2.4 µg	Megaloblastic anaemia	N/D	?		
C6 H8 O6	Vitamin C	Ascorbic acid	Water	90.0 mg	Scurvy	2,000 mg	Refer to Vitamin C megadosage		
C20 H30 O	Vitamin A	Retinoids (retinol, retinoids and retinyl esters)	Fat	900 µg	Night-blindness	3,000 µg	Hypervitaminosis A		
C28 H44 O3	Vitamin D	Ergocalciferol, cholecalciferol	Fat	5.0 µg-10 µg[21]	Rickets and Osteomalacia	50 µg	Hypervitaminosis D		
C27 H44 O	D3								
C29 H50 O2	Vitamin E	Tocopherols, tocotrienols	Fat	15.0 mg	Deficiency is very rare	1,000 mg	Possible heart problems		
C31 H46 O2	Vitamin K	phylloquinone, menaquinones	Fat	120 µg	Bleeding diatheses	N/D	Increases coagulation in patients taking warfarin [23]		
http://www.natuurlijkerwijs.com/english/vitaminen.htm#vitamin_e_1									Steroidgenesis PDF Copyleft – Willim