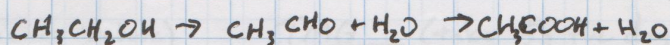


Hangover Prevention



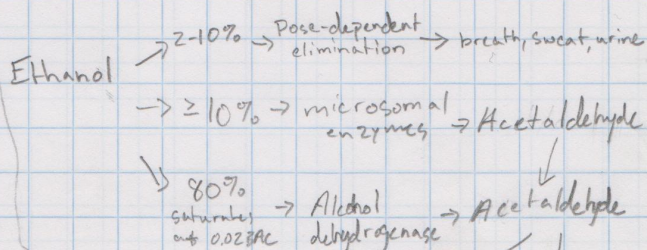
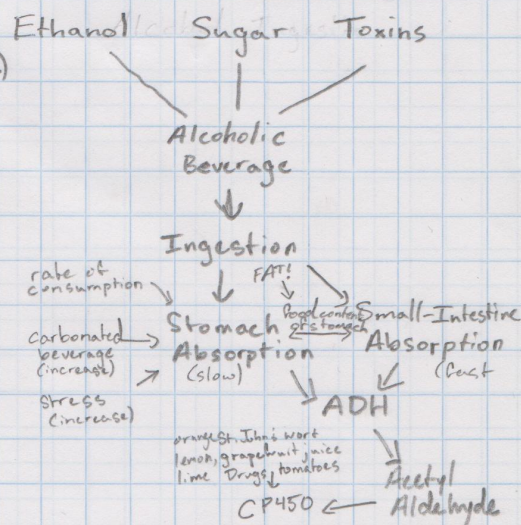
- Alcohol processing in the liver
 - detoxification of free radicals and acetaldehyde, etc. (ALA) (GSH)
 - energy deficit among liver tissue → MCT
- Reduce metabolic effects of alcohol (sugar)
- ~~Be~~ Water? → creative loading water
- Mitochondria support (acetaldehyde detox)
- Acetic acid (pH control) ⇒ Sodium Bicarbonate? → 200 mg/kg 1 hr before
- Formation of enzymes
- Formation of vesicles → Taurine (to stabilize membrane); phospholipids
- red light on liver?
- reduce other toxins in liquor (mycotoxins)

cysteine,
glutamine
lysine

↑
complexes
with MCT

Supplements

- * - MCT oil (before drinking) - Taurine
- * - N-Acetyl Cysteine - Carnosine (Beta-Alanine)
- Glutamine
- Creatine (liver issues?)
- Alpha-Lipoic Acid
- * - Phospholipids (phosphatidylethanolamine + lecithin)
- Sodium/Potassium Bicarbonate
- * - Vitamin C
- SAMe (low absorption: stomach acid)
- Methionine
- B-Vitamins: B2, B3, B6, Folic acid, B12
- Vitamin E
- ✓ Vitamin A (dangerous)
- Activated charcoal
- Clay (French green, bentonite, etc.)
- * - Betaine-TMG (1-6g)
- Methyl donors
- Magnesium
- * - Glycine



Oral Rehydration Therapy

- 6 tsp sugar + 0.5 tsp salt + 1 qt water

