



Alcohol Detox

Nutritional Support for Alcohol Detoxification*

NutriDyn's Alcohol Detox is a gluten-free supplement comprised of essential precursors and cofactors that support the liver and other vital organs involved in the alcohol detoxification process.* The U.S. National Library of Medicine defines toxins as substances created by plants and animals that are poisonous to humans; alcohol is one such substance, especially when consumed frequently or in large amounts.*

Over time, excessive consumption of alcohol can be detrimental to health and longevity as it is stressful to the liver (and rest of the body).^{1,2} Therefore, maintaining proper liver function (and function of organs that detoxify the body) is imperative for eliminating alcohol metabolites. Read on to learn how the select ingredients in Alcohol Detox help do just that.*

How Alcohol Detox Works

Consumption of ethyl alcohol leads to the body (primarily the liver) producing large amounts of acetaldehyde and reactive oxygen species. As a result of this metabolism, excess amounts of NADH (Nicotinamide Adenine Dinucleotide plus Hydrogen) can also result, which increases acidity in the body and may contribute to fatty liver, cardiovascular complications, and weight gain.^{3,4} Thus, it is essential to provide the body with the necessary nutrients to support alcohol metabolism.*

The liver is a vital organ involved in removing alcohol metabolites from the body; its primary job is to filter the blood coming from the gastrointestinal (GI) tract, before passing it to the rest of the body. Not only does the liver inactivate or remove toxins that are ingested, but it extracts residues and metabolic waste material from the blood so that they can be excreted by the intestines or kidneys (either via urine or bowel movements).*

Research has demonstrated that essential micronutrients and metabolic cofactors found in Alcohol Detox, such as the B vitamin family, L-cysteine, and alpha-lipoic acid work to support healthy liver function, which contains the majority of enzymes that assist in alcohol metabolism.^{5,6,7} These nutrients are also crucial for healthy immune function as excessive alcohol in the body can contribute to oxidative stress.*⁸

Alcohol Detox Supplementation

Given the importance of proper liver function, as well as other organs that help metabolize alcohol, alcohol consumers stand to benefit from Alcohol Detox in a variety of ways.* Below are some of the most pertinent research-backed benefits derived from Alcohol Detox:

- Provides essential cofactors and micronutrients to support alcohol metabolism*
- Supports healthy liver function*
- Supports immune function*



Form: 60 Capsules

Serving Size: 2 Capsules

Ingredients	Amount	%DV
Vitamin C (as ascorbic acid)	600 mg	667%
Thiamin (as thiamin hydrochloride)	18 mg	1,500%
Riboflavin	2.2 mg	169%
Niacin (as niacinamide and niacin)	30 mg NE	187%
Vitamin B6 (as pyridoxine HCl)	2.4 mg	141%
Folate (as folic acid)	83 mcg DFE	21%
Vitamin B12 (as cyanocobalamin)	16.6 mcg	692%
Biotin	20 mcg	67%
Pantothenic Acid (as D-calcium pantothenate)	16 mg	320%
L-Cysteine HCl	100 mg	**
N-Acetylcysteine	100 mg	**
Alpha Lipoic Acid	5 mg	**

Other Ingredients:

Rice flour, gelatin (capsule), magnesium stearate (vegetable source), and silicon dioxide.

Directions:

Take two capsules before each serving of alcohol as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Bellentani, S., Saccoccio, G., Costa, G., Tiribelli, C., Manenti, F., Sodde, M., ... & Brandi, G. (1997). Drinking habits as cofactors of risk for alcohol induced liver damage. *Gut*, 41(6), 845-850.
2. Keshavarzian, A., Holmes, E. W., Patel, M., Iber, F., Fields, J. Z., & Pethkar, S. (1999). Leaky gut in alcoholic cirrhosis: a possible mechanism for alcohol-induced liver damage. *The American journal of gastroenterology*, 94(1), 200-207.
3. Wannamethee, S. G., & Shaper, A. G. (2003). Alcohol, body weight, and weight gain in middle-aged men. *The American journal of clinical nutrition*, 77(5), 1312-1317.
4. Mukamal, K. J., Conigrave, K. M., Mittleman, M. A., Camargo Jr, C. A., Stampfer, M. J., Willett, W. C., & Rimm, E. B. (2003). Roles of drinking pattern and type of alcohol consumed in coronary heart disease in men. *New England Journal of Medicine*, 348(2), 109-118.
5. Liska, D. J. (1998). The detoxification enzyme systems. *Altern Med Rev*, 3(3), 187-98.
6. Cook, C. C., Hallwood, P. M., & Thomson, A. D. (1998). B vitamin deficiency and neuropsychiatric syndromes in alcohol misuse. *Alcohol and Alcoholism*, 33(4), 317-336.
7. Lieber, C. S. (2003). Relationships between nutrition, alcohol use, and liver disease. *Alcohol Research and Health*, 27, 220-231.
8. Ward, R. J., & Peters, T. J. (1992). The antioxidant status of patients with either alcohol-induced liver damage or myopathy. *Alcohol and Alcoholism*, 27(4), 359-365.