

## Alcotox™ Supplementation Reduces Alcohol-Induced Liver Enzyme Elevation in Humans: Observational Study Summary

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### Study Design

- Type: Human observational
- Participants: 70 adults, social drinkers
- Duration: 24 hours pre/post alcohol consumption
- Intervention: Alcotox™ capsules taken before alcohol intake
- Endpoints: Changes in ALT, AST, GGT, CK

### Key Findings

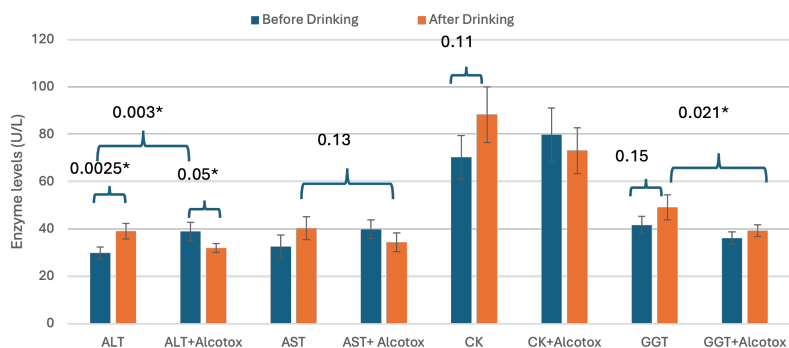
- ALT and AST increased after drinking but were significantly attenuated with Alcotox
- GGT and CK were lower or stable in Alcotox group
- Hangover symptoms reduced (fatigue, headache, nausea)

### Conclusion

Alcotox™ supplementation is associated with lower liver enzyme elevations and improved hangover symptoms, supporting its proposed mechanism of acetaldehyde defence.

### Graph

Figure 1. Effect of Alcotox™ ingestion on ALT, AST, CK and GGT levels as markers for liver toxicity following alcohol consumption by all participants



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