

# Protect yourself from a hangover

## BEFORE A DRINKING SESSION

Take with a meal or at least with a snack for optimum effectiveness

SUPPLEMENT	DOSAGE	BENEFITS
N-ACETYL-CYSTEINE (NAC)*	2 capsules	Reduces toxic effect of alcohol Powerful anti-oxidant and liver detoxifier Immune system protector
CHROMIUM POLYNICOTINATE	1 tablet	Balances blood sugar levels
CURCUMIN	2 capsules	Natural anti-inflammatory Powerful anti-oxidant Detoxifies the liver
ALPHA LIPOIC ACID (DUAL R-FORM)	1 capsule	Protects the liver Universal anti-oxidant Improves blood sugar control

## BEFORE BEDTIME

N-ACETYL-CYSTEINE (NAC)*	4 capsules with 2 large glasses of water immediately after drinking	Reduces toxic effect of alcohol Powerful anti-oxidant and liver detoxifier Immune system protector
CHROMIUM POLYNICOTINATE	1 tablet	Balances blood sugar levels
CURCUMIN	2 capsules	Anti-inflammatory Powerful anti-oxidant Detoxifies the liver

## FOLLOWING MORNING

Take with a meal or at least with a snack for optimum effectiveness

ALPHA LIPOIC ACID (DUAL R-FORM)	1 capsule	Protects the liver Universal anti-oxidant Improves blood sugar control
N-ACETYL-CYSTEINE (NAC)*	2 capsules	Reduces toxic effect of alcohol Powerful anti-oxidant Immune system protector
CHROMIUM POLYNICOTINATE	1 tablet	Balances blood sugar levels

Silibinin, a purified milk thistle extract, protects the liver against the toxic effects of alcohol. Milk thistle is most effective if used continuously, regularly and before liver toxin exposure. It is not as effective if used occasionally or after liver toxin exposure.

**Dosage:** During periods requiring a high degree of liver protection: Take one capsule twice daily.

**As maintenance therapy:** Take 1 capsule daily.

\* It is recommended when taking NAC to take 3 times as much vitamin C as some NAC may be oxidized and become insoluble. This may form kidney stones in some individuals.



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The most useful health website in SA: [www.solaltech.com](http://www.solaltech.com)

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086 11 SOLAL (Health Line)  
Fax: 011 783 3399  
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