

Hangover

oral spray



Hangover is an oral spray food supplement based on glutathione, zinc, nicotinic acid and cysteine, with natural extracts of silybum marianus, boldo, panax ginseng and schisandra useful for promoting liver and body purification processes.

Suitable for:

- ▼ **GENERAL DISCOMFORT**
- ▼ **LETHARGY**

Promotes:

- ▲ **HEPATIC DETOX**
- ▲ **PHYSICAL RECOVERY**

ACTIVE INGREDIENTS

- ▲ Glutathione (protected)
- ▲ Zinc (from zinc bisglycinate)
- ▲ Nicotinic acid (Vit B3)
- ▲ Cysteine
- ▲ Milk thistle (*Silybum marianum* (L.) Gaertn.), fructo, f.e.
- ▲ Boldo (*Peumus boldus* (Mol.)), leaves, d.e.
- ▲ Ginseng (*Panax ginseng* (C.A. Mey)), root, f.e.
- ▲ Schisandra (*Schisandra chinensis* (Turcz.) Baill.), fructo d.e.

DOSAGE

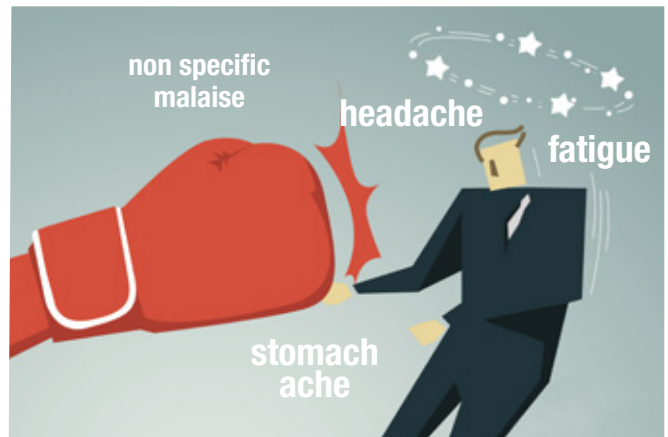
5 puffs per day

METHOD OF USE

spray 5 puffs directly into the mouth, before and/or after drinking alcohol

PACK SIZE

30 ml bottle



WHAT IS A HANGOVER?

A hangover is a condition characterized by headache, shakiness, nausea, diarrhea, and fatigue combined with decreased occupational, cognitive, or visual-spatial skill performance. Subjects with hangover may pose substantial risk to themselves and others despite having a normal toxinemia.

A hangover may also be an independent risk factor for cardiac death and liver complications.

Symptoms of a hangover seem to be caused by dehydration, hormonal alterations, dysregulated cytokine pathways, and toxic effects of alcohol or other intoxicant substances (e.g. drugs, pills, unhealthy food).

Hangovers are not necessarily limited to the 'next day'. They can start at any time of day or night, whenever blood toxin concentration, in particular alcohol concentration (BAC) approaches zero after a single dinking occasion.



VEGAN



GLUTEN FREE



CAFFEINE FREE



LACTOSE FREE



HIGH QUALITY
RAW MATERIALS

Turn the party off

TO COUNTERACT THE SYMPTOMS OF A SEVERE HANGOVER AND RESTORE THE BODY'S FUNCTIONALITY CONTRAD SWISS RESEARCH DEVELOPED

Hangover

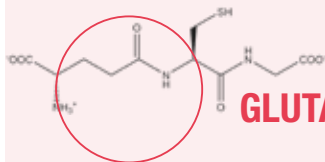
An exclusive formula with:



PANAX GINSENG

The active ingredient comes from the root of this herbaceous plant originating from China. It is known in traditional medicine for many properties including:

- Tonic - adaptogen: helps to counteract physical and mental fatigue, typical of physical weakness.
- It has an antioxidant action, helping to counteract the damaging effect of free radicals.



GLUTATHIONE

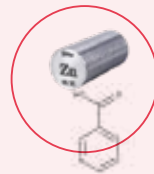
Glutathione is involved in protecting cells and tissues from oxidants and endogenous or exogenous toxins.

In the liver, which is the largest glutathione reservoir, so-called phase II conjugation reactions take place - important for the priming and elimination of toxins. Glutathione is a water-soluble group and added to toxins by the liver enzymes Glutathione-S-transferases. This enhances the solubility of the toxin and facilitates its excretion through urine or bile.⁽¹⁾



BOLDO

A perennial plant of the Monimiaceae family, endowed with various properties. It has antispasmodic effects within the gastrointestinal tract and stimulates the flow of bile into the duodenum and the production of bile by the liver. It is also useful in promoting gastric recovery.



ZINC AND NICOTINIC ACID

Both Zinc and Nicotinic Acid are important for antioxidant defense. A study suggests that social drinkers who have a higher dietary intake of nicotinic acid and zinc report significantly less severe hangovers.



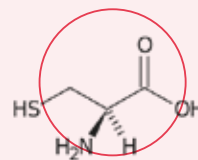
SCHISANDRA

A woody vine from the magnolia family, Schisandra may improve mood and boost energy levels in daily life. One active ingredient of schisandra, schisandrins B, has been found to improve the status of the glutathione system in liver cells.



MILK THISTLE (SILYBUM MARIANUM)

It is an annual or biennial plant indigenous to Europe. The active complex of milk thistle is a group of three isomeric flavolignans commonly known as silymarin. One of the mechanisms of liver damage caused by alcohol is the generation of free radicals resulting from ethanol metabolism. Silymarin protects the liver from this free radical damage by its antioxidant action.



CYSTEINE

Cysteine is an important amino acid. The detoxification process produces an increased cysteine demand, due to the amino acid's role in low-grade inflammation as is often seen during a hangover. So the proper intake of cysteine can be useful in these cases.

1 Lushchak V. I. Glutathione homeostasis and functions: potential target for medical interventions, *Journal of amino acids*, vol. 2012, article ID 736837, 26 pages, 2012

2 Verster, J.C.; Vermeulen, S.A.; van de Loo, A.J.A.E.; Balikji, S.; Kraneveld, A.D.; Garssen, J.; Scholey, A. Dietary Nutrient Intake, Alcohol Metabolism, and Hangover Severity. *J. Clin. Med.* 2019.

3 Verster, J.C.; Scholey, A.; van de Loo, A.J.A.E.; Benson, S.; Stock, A.-K. Updating the Definition of the Alcohol Hangover. *J. Clin. Med.* 2020.