

DHM b4 alcohol use

## Description

# Summary:

DHM could be used before each drink of alcohol to prevent & reverse nearly all of alcohol's negative effects of overuse, tolerance, withdrawal, intoxication, hangover, fatty liver, diabetes & heart disease.

### **Ampelopsin/dihydromyricetin (DHM), a Japanese raisin tree (*hovenia dulcis*) extract**

In rat studies, DHM appears to reduce alcohol usage, speed up alcohol clearance, improve motor function during alcohol usage, protect the liver from injury & alcohol damage, reduce tolerance & withdrawal craving, anxiety & seizures. It also appears to help type 2 diabetes, heart disease, fatigue, parasitic infections, allergies/asthma, eczema, altitude sickness, inflammation & neurological disorders like Alzheimer's disease as well as cancer.

**Effectiveness at 100-350mg/kg or 9-30g/200lbs, w/no toxicity even at 1kg/200lbs in an animal study**

### [Dihydromyricetin Explained – What To Know about DHM & Hangovers](#)

gotpurpletree.com/post/dihydromyricetin-explained-what-to-know-about-dhm-hangovers

### [Hovenia dulcis \(Japanese Raisin Tree\) is a source of dihydromyricetin \(Ampelopsin\)](#)

examine.com/supplements/japanese-raisin-tree/research/#source-and-composition-1

### [Dihydromyricetin As a Novel Anti-Alcohol Intoxication Medication](#)

10.0.5.243/JNEUROSCI.4639-11.2012

### [Dihydromyricetin shows promise as anxiety disorder treatment](#)

researchoutreach.org/articles/dihydromyricetin-shows-promise-anxiety-disorder-treatment

### [Dihydromyricetin Protects the Liver via Changes in Lipid Metabolism and Enhanced Ethanol Metabolism](#)

**doi.org/10.1111/acer.14326**

[Dihydromyricetin inhibits cancer cell migration](#)

**doi.org/10.1002/tox.23480**

<https://medworm.com/431410489/hovenia-dulcis-thunb-and-its-active-compound-ampelopsin-inhibit-angiogenesis-through-suppression-of/>

**Category**

1. Addiction

**Date Created**

October 2022

**Author**

biggs

default watermark