

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

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