

Bibliography for Alcohol Harm Reduction Supplementation Guide

Want to read some of the research for yourself? Here are some assembled citations on alcohol and what does - and *doesn't* - work to reduce its harmful tendencies in the current research literature. As mentioned in our write up, study quality varies wildly in this field and there are often lengthy caveats attached to when any given conclusion might be applicable for practical purposes outside the lab. Be sure to check out the methodology section before taking the abstract as the gospel truth. We'll update this as we find more geeky goodies to share.

Arria, Amelia M., et al. "Energy drink consumption and increased risk for alcohol dependence." *Alcoholism: Clinical and Experimental Research* 35.2 (2011): 365-375.

Azcona, O., et al. "Evaluation of the central effects of alcohol and caffeine interaction." *British journal of clinical pharmacology* 40.4 (1995): 393-400.

Bang, Joon Seok, et al. "Clinical effect of a polysaccharide-rich extract of *Acanthopanax senticosus* on alcohol hangover." *Die Pharmazie-An International Journal of Pharmaceutical Sciences* 70.4 (2015): 269-273.

Benson, Sarah, Andrew Scholey, and Joris C. Verster. "L-cysteine and the Treatment of Alcohol Hangover: A Commentary on Eriksson et al.(2020)." *Alcohol and Alcoholism* 56.5 (2021): 628-629.

Cha, Bae-Cheon, et al. "Activity of glutathione S-transferase and effect of alcohol decomposition on the fruit of *Hovenia dulcis* Thunb." *Yakhak Hoeji* 48.3 (2004): 213-217.

Cho, Myung-Haing, et al. "Effect of *Evodiae fructus* extracts on gene expressions related with alcohol metabolism and antioxidation in ethanol-loaded mice." *Food and chemical toxicology* 43.9 (2005): 1365-1371.

Choe, Hyeonjeong, et al. "Effect of herbal extracts and supplement mixture on alcohol metabolism in Sprague Dawley-rats." *Journal of Food Science and Technology* 59.12 (2022): 4915-4923.

Chu, Li-Ying, et al. "Effects of Curcuma long gum preparation on the blood alcohol level and hangover." *Korean Journal of Clinical Pharmacy* 20.1 (2010): 1-8.

Eriksson, CJ Peter, et al. "L-cysteine containing vitamin supplement which prevents or alleviates alcohol-related hangover symptoms: Nausea, headache, stress and anxiety." *Alcohol and Alcoholism* 55.6 (2020): 660-666.

Ferré, Sergi, and Mary Claire O'Brien. "Alcohol and caffeine: the perfect storm." *Journal of caffeine research* 1.3 (2011): 153-162.

George, Annie, Jay K. Udani, and Ashril Yusof. "Effects of Phyllanthus amarus PHYLLPROTM leaves on hangover symptoms: A randomized, double-blind, placebo-controlled crossover study." *Pharmaceutical biology* 57.1 (2019): 145-153.

Getachew, Bruk, Antonei B. Csoka, and Yousef Tizabi. "Dihydromyricetin protects against ethanol-induced toxicity in SH-SY5Y cell line: role of GABAA receptor." *Neurotoxicity Research* 40.3 (2022): 892-899.

Gopi, Sreeraj, et al. "Studies on the effectiveness, safety and tolerability of two doses of anti hangover drink in reducing alcohol induced hangover symptoms in adult male social drinkers." *Int J Curr Res Aca. Rev* 2.8 (2014): 125-31.

Han, Min Ji, Yu Jung Jin, and Se-Young Choung. "Efficacy Verification of Four Hangover Cure Products for Reducing Blood Alcohol and Acetaldehyde Concentrations in

Sprague–Dawley Rats." *Journal of Life Science* 32.2 (2022): 79-85.

Hansen, Alana Witt, et al. "Taurine restores the exploratory behavior following alcohol withdrawal and decreases BDNF mRNA expression in the frontal cortex of chronic alcohol-treated rats." *Pharmacology Biochemistry and Behavior* 161 (2017): 6-12.

Hong, Se Chul, et al. "Effect of the mixture of Pueraria lobata and Sorbus commixta extract on the alcohol-induced hangover in rats." *Natural Product Sciences* 21.2 (2015): 98-103

Hong, Yang Hee. "Effects of the herb mixture, DTS20, on oxidative stress and plasma alcoholic metabolites after alcohol consumption in healthy young men." *Integrative Medicine Research* 5.4 (2016): 309-316.

Hwang, Ji Hong, and Mi-Yeon Kim. "Natural herbal extract complex induces the degradation of alcohol and acetaldehyde and reduces the breath alcohol concentration." *The Journal of the Convergence on Culture Technology* 6.3 (2020): 381-392.

Ik Lee, Do, et al. "Ginsenoside-Free Molecules from Steam-Dried Ginseng Berry Promote Ethanol Metabolism: An Alternative Choice for an Alcohol Hangover." *Journal of food science* 79.7 (2014): C1323-C1330.

J Rohsenow, Damaris, and Jonathan Howland. "The role of beverage congeners in hangover and other residual effects of alcohol intoxication: a review." *Current drug abuse reviews* 3.2 (2010): 76-79

Jabbar, Mohammed Kareem, Aya Kareem Jabbar, and Noor Hassoon Al-Qaraghuli. "Protective Effects of vitamins E on Alcohol (Ethanol)-Induced Liver Injury in Mice." *Eurasian Medical Research Periodical* 14 (2022): 16-22.

Je, Jihyun, et al. "Combined Water Extracts from Oxidation-Treated Leaves and Branches of *Hovenia dulcis* Has Anti-Hangover and Liver Protective Effects in Binge Alcohol Intake of Male Mice." *Nutrients* 13.12 (2021): 4404.

Je, Jihyun, et al. "Fermentation of sprouted ginseng (*Panax ginseng*) increases flavonoid and phenolic contents to attenuate alcoholic hangover and acute liver injury in mice." *The American Journal of Chinese Medicine* 49.01 (2021): 131-146.

Jeon, Tae Won, et al. "Eliminatory effect of mixed extract of *Hovenia dulcis* Thunb and *Gastrodia elata* on ethanol-induced hangover in rats." *Journal of Physiology & Pathology in Korean Medicine* 16.5 (2002): 905-910.

Jeong, Hyun-suk, et al. "The Effects of SBD-1 on Hangover Syndrome: a Randomized Double-blind Crossover Preliminary Study." *The Journal of Internal Korean Medicine* 33.4 (2012): 511-519.

Jung, Su-Jin, et al. "Regulation of alcohol and acetaldehyde metabolism by a mixture of *Lactobacillus* and *Bifidobacterium* species in human." *Nutrients* 13.6 (2021): 1875.

Kaivola, S., et al. "Hangover headache and prostaglandins: prophylactic treatment with tolfenamic acid." *Cephalalgia* 3.1 (1983): 31-36.

Kim, Hoejin, et al. "A standardized extract of the fruit of *Hovenia dulcis* alleviated alcohol-induced hangover in healthy subjects with heterozygous ALDH2: A randomized, controlled, crossover trial." *Journal of ethnopharmacology* 209 (2017): 167-174.

Kim, Sung Phil, et al. "A bioprocessed black rice bran glutathione-enriched yeast extract protects rats and mice against alcohol-induced hangovers." *Food and Nutrition Sciences* 12.03 (2021): 223.

Kim, Woo-Hyun, et al. "Preventive effects of standardized krill oil on alcohol hangovers in a clinical trial." *Journal of Functional Foods* 94 (2022): 105142.

Ku, Sae-Kwang, et al. "Enhancement of alcohol metabolism by ginseng berry extract and its mixed herbal beverages: in vitro and in vivo experiments." *Toxicology and Environmental Health Sciences* 11 (2019): 144-154.

Kurkin, D. V., et al. "Correction of psychological and neurological signs of alcohol hangover in rats with acetylcysteine." *Pharmacy & Pharmacology* 7.5 (2019): 291-299.

Lee, Heon-Sik, et al. "Effects of a preparation of combined glutathione-enriched yeast and rice embryo/soybean extracts on ethanol hangover." *Journal of medicinal food* 12.6 (2009): 1359-1367.

Lee, Ho-Sun, et al. "Effect of Korean pear (*Pyrus pyrifolia* cv. Shingo) juice on hangover severity following alcohol consumption." *Food and chemical toxicology* 58 (2013): 101-106.

Lee, Ho-Sun, et al. "Effects and action mechanisms of Korean pear (*Pyrus pyrifolia* cv. Shingo) on alcohol detoxification." *Phytotherapy Research* 26.11 (2012): 1753-1758.

Lee, Hwa-Young, et al. "Turmeric extract (*Curcuma longa* L.) regulates hepatic toxicity in a single ethanol binge rat model." *Heliyon* 8.9 (2022).

Lee, Jun, et al. "Effect of black red ginseng mixture on alcohol metabolism in rats." *The Korean Journal of Food And Nutrition* 29.5 (2016): 655-662

Lee, Mi-Hyang, et al. "Red ginseng relieves the effects of alcohol consumption and hangover symptoms in healthy

men: A randomized crossover study." *Food & function* 5.3 (2014): 528-534.

Lee, Su-Bin, et al. "Antioxidant and hangover cure effects of compound prescription containing *Phyllanthus emblica* and *Azadirachta indica* leaf extract." *Journal of Physiology & Pathology in Korean Medicine* 34.5 (2020): 229-237.

Liu, Dan, et al. "Dihydromyricetin: A review on identification and quantification methods, biological activities, chemical stability, metabolism and approaches to enhance its bioavailability." *Trends in Food Science & Technology* 91 (2019): 586-597.

Liu, Xiao-Yu, et al. "Protective effect of dandelion extracts on ethanol-induced acute hepatotoxicity in C57BL/6 mice." *Preventive Nutrition and Food Science* 13.4 (2008): 269-275

Lukivskaya, O. Ya, et al. "Reversal of experimental ethanol-induced liver steatosis by borage oil." *Phytotherapy Research* 26.11 (2012): 1626-1631.

Manalo, Rafael Vincent Mercado, et al. "The effects of ginger (*Zingiber officinale*) rhizome extract on ethanol-induced behaviors in *C. elegans*." *Journal of Applied Pharmaceutical Science* 12.5 (2022): 187-195.

Martinez-Hurtado, Juan Leonardo, Bruno Calo-Fernandez, and Jose Vazquez-Padin. "Preventing and mitigating alcohol toxicity: a review on protective substances." *Beverages* 4.2 (2018): 39

McGregor, Neil R. "Pueraria lobata (Kudzu root) hangover remedies and acetaldehyde-associated neoplasm risk." *Alcohol* 41.7 (2007): 469-478.

Mackus, Marlou, et al. "Alcohol metabolism in hangover sensitive versus hangover resistant social drinkers." *Drug and alcohol dependence* 185 (2018): 351-355.

Mammen, Renny Reji, et al. "Clove bud polyphenols alleviate alterations in inflammation and oxidative stress markers associated with binge drinking: A randomized double-blinded placebo-controlled crossover study." *Journal of medicinal food* 21.11 (2018): 1188-1196.

Marczinski, Cecile A., and Mark T. Fillmore. "Clubgoers and their trendy cocktails: implications of mixing caffeine into alcohol on information processing and subjective reports of intoxication." *Experimental and clinical psychopharmacology* 14.4 (2006): 450.

Noh, Kyung-Hee, et al. "Effect of dandelion juice supplementation on alcohol-induced oxidative stress and hangover in healthy male college students." *Journal of the Korean Society of Food Science and Nutrition* 38.6 (2009): 683-693.

Nutt, Prof David, et al. "Alcohol hangover: The health impact with a historic and Chinese perspective." *Drug Science, Policy and Law* 6 (2020): 2050324520905912.

Park, Jong Ho, Younghoon Kim, and Sae Hun Kim. "Green tea extract (*Camellia sinensis*) fermented by *Lactobacillus fermentum* attenuates alcohol-induced liver damage." *Bioscience, biotechnology, and biochemistry* 76.12 (2012): 2294-2300.

Park, Noh-Hwan, Jeong-Ok Lee, and In-ho Cho. "Effects of mixed supplementation on *Hovenia dulcis* Thunb extracts and Ginseng-Berry extracts on hangover curves." *The Journal of the Convergence on Culture Technology* 5.3 (2019): 359-367.

Penning, Renske, et al. "The pathology of alcohol hangover." *Current Drug Abuse Reviews* 3.2 (2010): 68-75.

Pittler, Max H., Joris C. Verster, and Edzard Ernst. "Interventions for preventing or treating alcohol hangover: systematic review of randomised controlled trials." *Bmj* 331.7531 (2005): 1515-1518.

Powell, Jake, and Thuy Nguyen. "Current research status on the treatment of veisalgia using *Silybum marianum*." (2019).

Prat, Gemma, Ana Adan, and Miquel Sánchez-Turet. "Alcohol hangover: a critical review of explanatory factors." *Human Psychopharmacology: Clinical and Experimental* 24.4 (2009): 259-267.

Razvodovsky, Y. "Hangover Syndrome: Pathogenesis and Treatment." *International Archives of Substance Abuse and Rehabilitation* 3.1 (2021).

Roberts, Emmert, et al. "The efficacy and tolerability of pharmacologically active interventions for alcohol-induced hangover symptomatology: a systematic review of the evidence from randomised placebo-controlled trials." *Addiction* 117.8 (2022): 2157-2167.

Rohsenow, Damaris J., et al. "Effects of caffeinated vs. non-caffeinated alcoholic beverage on next-day hangover incidence and severity, perceived sleep quality, and alertness." *Addictive behaviors* 39.1 (2014): 329-332.

Sharma, Subham, et al. "The Effect of a Granule-type Anti-hangover Compound, Quechung, on Acute Alcohol-induced Hangover in Healthy Subjects: a Randomized Crossover Study." *한국물학회지 Vol 8.1* (2020).

Shen, Yi, et al. "Dihydromyricetin as a novel anti-alcohol intoxication medication." *Journal of Neuroscience* 32.1 (2012): 390-401.

Silva, Joshua, et al. "Antialcohol Effects of Dihydromyricetin in Combination with Other Flavonoids." *Natural Product Communications* 15.8 (2020): 1934578X20946250.

Skotnicova, Aneta, et al. "Does dihydromyricetin impact on alcohol metabolism." *Physiological Research* 69.Suppl 4 (2020): S573.

Sreeraj Gopi, Robin George, et al. "Studies on the effectiveness and safety of anti hangover drink (Oh! K) in reducing cocktail (alcohol) induced hangover symptoms in adult male social drinkers." (2014).

Srinivasan, Shraddha, Kriti Kumari Dubey, and Rekha S. Singhal. "Influence of food commodities on hangover based on alcohol dehydrogenase and aldehyde dehydrogenase activities." *Current research in food science* 1 (2019): 8-16

Takahashi, Mizuho, et al. "Clinical effectiveness of KSS formula, a traditional folk remedy for alcohol hangover symptoms." *Journal of natural medicines* 64 (2010): 487-491.

Tolstrup, Janne S., Richard Stephens, and Morten Grønbaek. "Does the severity of hangovers decline with age? Survey of the incidence of hangover in different age groups." *Alcoholism: clinical and experimental research* 38.2 (2014): 466-470.

van de Loo, Aurora JAE, et al. "Immune responses after heavy alcohol consumption: Cytokine concentrations in hangover-sensitive and hangover-resistant drinkers." *Healthcare*. Vol. 9. No. 4. MDPI, 2021.

van Lawick van Pabst, Albertine E., Lydia E. Devenney, and Joris C. Verster. "Sex differences in the presence and severity of alcohol hangover symptoms." *Journal of clinical medicine* 8.6 (2019): 867.

Verster, J., et al. "The effect of dihydromyricetin (DHM) from *Hovenia dulcis* extract on alcohol hangover severity." *Poster submitted to the 34th conference of the European College of Neuropsychopharmacology, Lisbon*. 2021.

Verster, Joris C., et al. "Dietary nutrient intake, alcohol metabolism, and hangover severity." *Journal of clinical medicine* 8.9 (2019): 1316.

Verster, Joris C., Charmaine JI van Rossum, and Andrew Scholey. "Unknown safety and efficacy of alcohol hangover treatments puts consumers at risk." *Addictive Behaviors* 122 (2021): 107029.

Verster, Joris, and Renske Penning. "Treatment and prevention of alcohol hangover." *Current Drug Abuse Reviews* 3.2 (2010): 103-109.

Wang, Fang, et al. "Natural products for the prevention and treatment of hangover and alcohol use disorder." *Molecules* 21.1 (2016): 64.

Wang, Shao-Cheng, et al. "Alcohol addiction, gut microbiota, and alcoholism treatment: A review." *International journal of molecular sciences* 21.17 (2020): 6413.

Yang, Hye Jeong, et al. "Red mulberry fruit aqueous extract and silk proteins accelerate acute ethanol metabolism and promote the anti-oxidant enzyme systems in rats." *Molecular Medicine Reports* 18.1 (2018): 1197-1205.

Yang, Min, and Dan Zhang. "Influence of Alleviating Hangover and Protecting Liver Granules of Flower of *Pueraria lobata* and Ginseng Radix et Rhizoma on Acute Alcoholic Liver Disease of Mice." (2017).

APA

