

## Did you know?

### HOW TO CURE HANGOVER

Hangover is the symptom of too much alcoholic beverage drinking. The general symptoms often found are headache, nausea, vomit, eye-sensitivity to light, dry mouth, thirsty and affective disorders.

There are many factors that are the causes of hangover such as

- Acetaldehyde accumulation: Ethanol is converted to acetaldehyde by alcohol dehydrogenase (ADH) and acetaldehyde is more toxic than ethanol.
- Congeners: They are by-products of alcoholic beverage fermentation that provide flavor and color. Dark liquors have higher concentration of congeners than that of clear types.
- Loss of vitamin B, C and electrolytes from alcohol metabolism.
- Dehydration: Ethanol causes increased urine production.
- Imbalance of the immune system.
- Personal factors: genetics, age, sex, etc.

Hangover treatments after alcoholic drinking are: Rehydration (by drinking water and electrolyte beverages), Run or Workout (It increases blood flow and alcoholic metabolism.), Eat good foods with vitamins and minerals, Take vitamin-complex supplements, Rest and Do not take drugs to cure the headache associated with hangover (such as Paracetamol that causes liver damage; Aspirin/Ibuprofen may increase the risk of bleeding in stomach and gastrointestinal tract). Regarding the “hair of the dog” cure (alcohol withdrawal),

it can relieve the unpleasant symptoms temporarily but has not been well-studied. The best way to avoid hangover is to consume alcohol moderately rather than too much.

References:

- <https://en.wikipedia.org/wiki/Hangover>
- <https://time.com/4454118/alcohol-hangover-cure-drinking/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3827719/>
- <https://www.healthline.com/nutrition/best-hangover-foods>
- <https://www.healthline.com/nutrition/best-hangover-cures>

[http://content.time.com/time/specials/packages/article/0,28804,2039990\\_2039991\\_2040041,00.html](http://content.time.com/time/specials/packages/article/0,28804,2039990_2039991_2040041,00.html)

## Regulation

### Thai FDA List of Statement of Nutrient Function Claim (part 13)

Continuous part of annex table for statement of nutrient function claim. This regulation came into force on June 11, 2019.

No.	Nutrient	Function claim
23	Potassium	23.1 Potassium contributes to acid-base and electrolyte balance. 23.2 Potassium contributes to the normal function of the nervous system. 23.3 Potassium contributes to normal muscle function. Warning: Excessive potassium may cause abnormal heart rate.
24	Magnesium	24.1 Magnesium contributes to the function of enzymes in the body. 24.2 Magnesium contributes to normal energy-yielding metabolism. 24.4 Magnesium contributes to the normal formation of connective tissue. 24.5 Magnesium contributes to antioxidant process. 24.6 Magnesium contributes to the protection of cells from oxidative stress.

Reference : [www.fda.moph.go.th](http://www.fda.moph.go.th)

To be continued next month

