

Alcotox and its clinical effects...a brief outline by Dr Mian

March 15 2016

The major toxic effects of alcohol consumption are due to the by-product acetaldehyde which is metabolised in the liver, pancreas, gastrointestinal tract and the brain. It is 30 times more toxic than alcohol itself.

Acetaldehyde has been linked to numerous side-effects from liver damage, altered brain neuronal activity and carcinoma.

If this by-product could be neutralised then this would be a major breakthrough in the management of alcohol related pathology in humans.

It is known that in vitro studies show Alcotox has the ability to scavenge and neutralise acetaldehyde.

A small pilot preliminary clinical trial was conducted to see if Alcotox had similar effects in vivo. Human volunteers would consume alcohol with and without alcotox over a short term, mid-term and long-term period. Blood test and cognitive function tests would then be carried out and the results analysed.[1]

RESULTS

Blood test results which included liver and renal function tests showed that taking alcotox had hepto-protective effects.

The best marker for alcohol related hepatotoxicity is gamma glutamyltransferase (GGT) and this marker did improve when Alcotox was taken. The improvement varied between 10% to 15%. Creatine Kinase (CK) improved approximately 25% to 30%. [2]

Alcotox also improved cognitive function tests during the immediate short term period of alcohol consumption and continued into the mid-term 2 to 3 month period. [3]

COMMENTS

This is a pilot clinical trial with 3 human subjects. Despite this the results produced show that a larger trial, possibly 'double-blind' is justified to elucidate conclusively the beneficial effects of Alcotox supplementation for those who regularly consume alcohol.

REFERENCES:

[1] Fromme K, D'Amico EJ. Neurological basis of alcohol's psychological effects. In: Leonard KE, Blane HT eds. Psychological Theories of Drinking and Alcoholism. NEW YORK, Guildford Press,

1999:422-55

[2] Litten RZ, Allen JP, Fertig JB Gamma-Glutamyltranspeptidase and Carbohydrate deficient transferrin: Alternative measures of Alcohol consumption. Alcoholism: Clinical and Experimental Research 19(6):1541-1546, 1995

[3] Steele CM, Josephs RA Alcohol Myopia: its prized and dangerous effects. American Psychologist, 1990-psycnet.apa.org

BRIEF BIO OF DR IRFAN MIAN

Dr Mian has worked in the Departments of Medicine, Cardiology, Orthopaedics, Accident & Emergency and Maxillo-Facial Surgery in various hospitals. These include Charing and Westminster and Guy's and King's College Hospitals NHS Trusts. He has been a clinical lecturer at King's College Hospital and is currently in clinical practice as a Medical Director. He has also been Director and Chairman of the Federation of London LDC's. He has been an Examiner and Teacher for Medical Students, Paramedics, Nurses.

Dr Irfan Mian

Chinbrook Medical Cosmetic Centre

Contact Clinic

8 Chinbrook Road, Grove Park, London, SE12 9TH

Tel: 0203 389 9956