



HOSPITAL FILADELFIA

11 February 2022

Topic: Alcotox Letter of Support

To whom it may concern:

I am Dr. Carina Palacios - a family physician from Filadelfia, Paraguay - and I am writing this letter of support for Alcotox. I have had the pleasure of learning about and experiencing Alcotox over the past 8 months. Alcoholic beverages are a public health concern worldwide with over 200 different pathologies and over 5 million deaths per year being attributed to the consumption of alcohol. Most of these negative effects are related to alcohol's breakdown product acetaldehyde, which is approximately 30 times more deadly than alcohol itself. In my country of Paraguay, it is common for people to drink 10 or more alcoholic beverages at a time. It's even been reported that we are the largest importer of whiskey per capita in the world! This is further bolstered by a recent WHO report noting that 28.7% men in Paraguay engage in binge drinking. This, unfortunately, puts these individuals at a high risk for negative outcomes like liver cirrhosis, pancreatitis, and various cancers.

Because of this, it is important to implement methods to reduce the negative effects of alcohol and, acetaldehyde, its even more deleterious breakdown product. I have been fortunate enough to have personally tried Alcotox on multiple occasions. Taking Alcotox while drinking socially has helped me feel refreshed and alert the next day and reduced signs/symptoms associated with hangovers. I also was the on-site medical director for the Alcotox study in November 2021. Along with Dr. Hoedebecke, we completed this study with 70 participants, which showed an improvement in liver functions enzymes (GOT/GPT) and hangover symptoms after drinking alcohol. The participants have been asking for even more Alcotox and I have several individuals who want to more formally evaluate Alcotox for longer term studies. Many participants even had unexpected improvements - such as a gastric bypass participant who noticed she can now tolerate meat and other foods while taking Alcotox, but was unable to eat on any other medically prescribed regimen. This is amazing - especially noting Alcotox's safety profile and low interactions with other commonly prescribed medications or over-the-counter treatments a user may be taking regularly.

In conclusion, I think that Alcotox has truly improved the way humans drink alcohol. It is my professional recommendation as a physician that all alcohol consumption should be accompanied by Alcotox. I firmly believe that using Alcotox allows for the safest, healthiest, and most responsible way to drink.

Respectfully,

Carina Palacios

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