

The DRINKAID Whitepaper

How DrinkAid protects you from alcohol's side effects.

What happens when you drink?

Whenever you drink alcohol you will notice that it makes you feel good initially before it gets bad. This is because alcohol itself lowers your inhibitions and gives you a pleasant buzz. But it soon converts into acetaldehyde which is 10 times more toxic.^[1] This contributes to physical side effects like facial flushing and a whole host of alcohol-related discomfort.

How dangerous is acetaldehyde?

Around 50% of East Asians (including Singaporeans) have a genetic ALDH2 deficiency that impairs the breakdown of acetaldehyde. Since your body cannot produce enough ALDH2 enzyme, acetaldehyde builds up to toxic levels quickly.

Should you quit alcohol?

Quitting alcohol isn't always the best option as drinking is:

- A social activity that allows us to bond with others
- A great way to wind down at the end of the day
- An unavoidable part of networking events

What if we could continue drinking while minimizing the harmful acetaldehyde? Enter DrinkAid.

Drink safe, with DrinkAid.

DrinkAid is a 100% natural formula that contains herbs and antioxidants proven to make you feel better after drinking. With 9 synergistic ingredients to rapidly break down acetaldehyde, it is the most complete alcohol defense on the market.

- Taking DrinkAid before drinking: Increases your alcohol tolerance and reduces common discomforts associated with alcohol consumption (such as facial flushing) so you can finally focus on enjoying your night out.
- Taking DrinkAid after drinking: Helps you sober up quickly and reduces the morning crash so you can remain healthy and productive.

DrinkAid is formulated by our PN certified nutritionist and is compliant with local supplement guidelines. It is manufactured in a GMP-certified facility with strict production quality standards. It is also HPLC lab-tested for purity so what you see on the label is what you get.



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DRINKAID

Our ingredient list:

Japanese Raisin Tree



Contains the active ingredient dihydromyricetin that has been shown to alleviate common discomforts of alcohol consumption [4], support healthy liver functions [5] and increase enzymatic breakdown of acetaldehyde by 30%, thereby reducing acetaldehyde levels in both blood and saliva [6] [7].

Pyroglutamic Acid



An amino acid with excellent antioxidant properties. It increases the liver recovery rate [8], speeds up recovery from intoxication [9] and prevents antioxidant depletion by acetaldehyde [10].

Succinic Acid



A potent antioxidant found in broccoli and rhubarb. It reverses the cellular dysfunction caused by acetaldehyde [12], protects the liver from damage [13] and stimulates the breakdown of acetaldehyde [14].

Ginger Extract



A natural herb that reduces the stomach-churning sensation from acetaldehyde buildup [15] and prevents cognitive impairment after drinking [16].

S-Acetyl Glutathione



Glutathione is a powerful antioxidant that detoxifies acetaldehyde, but gets depleted in the process [17]. S-acetyl glutathione is an improved version that boosts glutathione levels more effectively than taking glutathione itself [18].

Vitamin B1



A water soluble vitamin that breaks down acetaldehyde [19]. Synergizes very well with Vitamin C to protect against acetaldehyde toxicity [20] [21].

Vitamin B6



Vitamin B6 depletion by acetaldehyde contributes to poor sleep quality after drinking alcohol [22]. In order to quickly restore B6 levels, we use an active and improved form called pyridoxal-5'-phosphate.

Vitamin C



A water-soluble vitamin that reduces acetaldehyde levels [23].

Black Pepper Extract



A spice that increases the availability and effect of DrinkAid ingredients by preventing their glucuronidation/breakdown in the small intestine [24].



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