

Population test of anti-hangover effect of NADH

Fulgent Life Inc.

Materials and methods

NADH was obtained from Fulgent Life Inc. (Irvine, CA). Adult dosage of NADH is 50 mg once. Normal saline was produced by Shuanghe Pharmaceutical Co., Ltd., batch number: 040307. Erguotou liquor is 42-degree 500 ml.

100 healthy volunteers were selected from January to June, 2021. There were 55 males and 45 females, with an average age of 33 years, all of whom had no history of alcohol addiction. They fasted on an empty stomach for 4 hours before the experiment and were randomly divided into 3 groups, with 35 persons in each group, which were divided into saline group and NADH group respectively. Normal saline group took 100 ml of normal saline on an empty stomach and 100ml of 42-degree Erguotou after 30 min. In NADH group, people took 50 mg NADH on an empty stomach. After 30 minutes, they continued to take 42-degree Erguotou 100 ml. 30 min, 60 min and 90 min after drinking, the ethanol concentrations of the three groups were measured by the police Jiuan 5000 breath alcohol detector (blowing 5 times and taking the average value).

Clinical symptoms were observed and scored, dizziness: no dizziness was 0, mild dizziness was 2, moderate dizziness was 4, severe dizziness was 6, unable to stand; Nausea: No nausea is 0, mild nausea is 2, moderate nausea is 4, severe nausea is 6 and vomiting is 6. Drowsiness: no drowsiness is 0, drowsiness is 2.

Statistical analysis

SPSS 16.0 statistical software package was used for statistical analysis, χ^2 test was used for counting data, variance analysis was used for comparison between measurement data groups, and the measurement data was statistically described by $x \pm s$. $P < 0.05$ was statistically significant.

Results

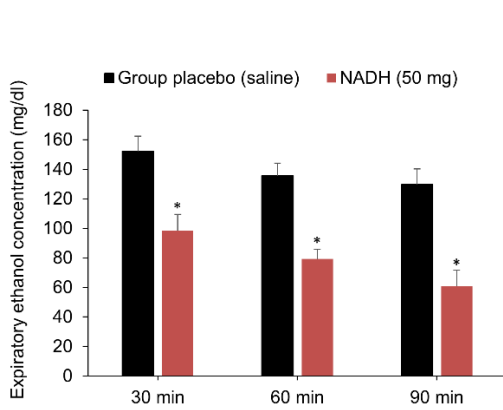


Figure 1

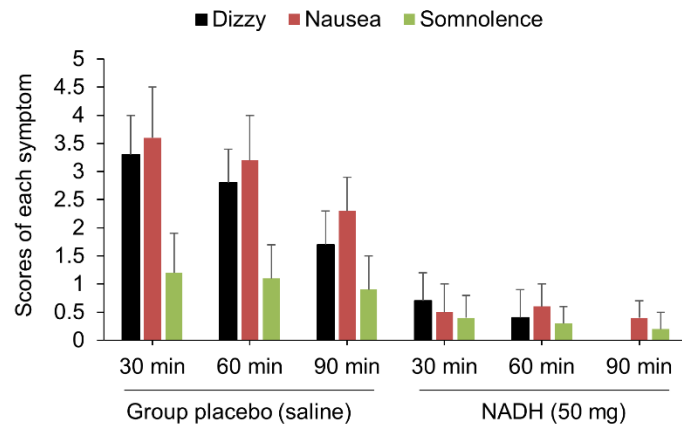


Figure 2

The alcohol concentration of NADH group was lower than that of normal saline group at 30 min, 60 min and 90 min after drinking, and the difference was statistically significant ($P < 0.05$, Figure 1). Analysis of clinical symptom scores: According to the statistical analysis, the scores of dizziness, nausea and drowsiness in the saline group at 30 min, 60 min and 90 min after drinking were higher than those in NADH group, and the difference was statistically significant ($P < 0.05$, Figure 2).