Original Paper

Abstinence-Induced Oxidative Stress in Moderate Drinkers is Improved by Immun'Âge

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Abstract

Background/Aims: *The aim of this investigation was to study the oxidative phenomena which take place in the early recovery phase after alcohol withdrawal. Furthermore, the effects of a novel natural antioxidant,* Immun'Âge *(FPP), in such a clinical setting was studied.*

Methodology: *Forty-six alcoholics with moderate drinking habits (daily ethanol intake: >80g to <120g) were enrolled in the study, divided into two groups and given either a placebo or 9g of FPP by mouth every night for one week. The patients agreed to stop drinking alcohol, and daily blood sampling was obtained for routine tests and to check plasma and erythrocyte levels of MDA, SOD, GPX and the hydroperoxide level. The groups were comparable in terms of initial biochemical parameters.*

Results: FPP *prevented the early increase of plasma TBARS observed in the placebo group, enabling a near-to-normal level of plasma and erythrocyte MDA by the fourth day. FPP also prevented the significant drop of erythrocyte GPX and the transient decrease of plasma SOD observed in the placebo group. Despite*

remained significantly elevated in the placebo group, but this phenomenon was rapidly improved by FPP.

Conclusions: *To a significant extent, FPP is able to prevent the free radical-mediated lipoperoxidative changes that occur soon after alcohol withdrawal, while fastening the recovery mechanisms.*

***Key Words**:* Alcohol Withdrawal; Antioxidant Status; Free Radicals; Immun'Âge

***Abbreviations**:* Thiobarbituric Reactive Substances (TBARS), Superoxide Dismutase (SOD), Malonil-dialdehyde (MDA), Glutathione Peroxidase (GPX)

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