



## Product Information Sheet

### GoPack The Anti Hangover Snap – Prevent, Recover

The Anti Hangover is the easy to use, tastes great, take it anytime, always have it on you hangover remedy. The Anti Hangover is made with all natural ingredients, so you can bounce back from the effects of alcohol.

### Ingredients

Honey, Taurine, Lemon Extract, Cinnamon, Ginger, Himalayan salt, Sodium Benzoate 0.002%, Potassium Sorbate 0.002%.

**Taurine** helps cell hydration, and improves recovery. The headaches that are a common symptom of the hangover, is often a result of dehydration. The body flushes toxins (aka alcohol) out with water, and you end up super thirsty. Taurine helps keep the water inside your cells if you take it the night before, and helps put it back into your cells if you have it the morning after. Multiple studies also showed that fats build up in the liver when drinking, slowing down the liver while it tries to process the alcohol and taurine can reverse that.

**Honey** raises the blood sugar, which is usually low after some drinks. Low blood sugar gives you that shaky feeling, and your brain no work good, and it can contribute to your headache. But usually, one feels nauseous after a big night, so the last thing you feel like is eating. Studies have shown it can actually help you lose weight and improve your cholesterol.

**Cinnamon** reduces blood pressure. Alcohol raises the blood pressure, i.e. it constricts your blood vessels. High blood pressure then causes headaches. Cinnamon is a vasodilator, so it opens up the blood vessels, allowing your blood to carry oxygen around and nutrients to feel better fast.

**Ginger** eases nausea. Since your blood sugar is low, this can cause feelings of nausea. But the way to get your blood sugar up is by putting something good in your mouth, like food, and when you're nauseous that's the last thing you feel like. Ginger eases nausea, so you can eat, and feel better faster.

**Himalayan Salt** with polyhalite helps replenish electrolytes. Electrolytes help rehydration, as well as being essential minerals for bodily functions.



The Anti Hangover is for parties, for those nights when 1 becomes 2 and 2 becomes tequila, for dinner that turns into karaoke, for late night braais, for bierfests, for winning the big game, and for losing it, for landing that big client, and for landing the next one the day after.

The Anti Hangover is made from natural ingredients to help you forget what "the day after" means!

**Oh, and it tastes like pancakes.**



Ingredients: Honey, Taurine, Lemon Extract, Cinnamon, Ginger, Polyhalite, Himalayan Salt, Sodium Benzoate 0.002%, Potassium Sorbate 0.002%.



www.gopack.co.za



BEND IT



SNAP IT



DRINK IT

