



Acetium -capsule
protects your stomach against
carcinogenic acetaldehyde!

BIOHIT HealthCare
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How to use Acetium

Acetium is taken in doses of 1-2 capsules with meals. If you drink alcohol, 1-2 additional capsules at 2-3 hour intervals are recommended. The largest daily dose is 10 capsules.

Acetium capsules do not contain substances of animal origin, gluten, lactose or sugars. Acetium is not recommended for children, should not be taken during pregnancy or if breast-feeding, or by people with cystinuria or severe renal insufficiency.

Check to see if you or someone close to you belongs to a risk group

Test your own acetaldehyde exposure – or that of someone close to you – at www.acetium.com
Test results will show whether Acetium should be used daily, in risk situations or perhaps not at all. On the website, you will also find further information on the carcinogenic effect of acetaldehyde and on Acetium.



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- **Taking Antacid medication?**
- **Suffer from low stomach acid?**
- **Chronic *H.pylori* infection?**

Protect your stomach!

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What is acetaldehyde?

Acetaldehyde is the most significant byproduct of alcohol metabolism. It is found in foodstuffs whose manufacture includes a fermentation process, such as alcoholic beverages, vinegar, dairy products, homebrewed beer and mead. Due to its pleasant smell, acetaldehyde is used as a flavouring in the manufacture of yoghurts, sweets, pastries, fruit juices and alcoholic beverages. In some foodstuffs, the amount of acetaldehyde can exceed many thousandfold the set limits.

Group I carcinogen

The World Health Organization has classified the acetaldehyde included in and generated endogenously from alcoholic beverages as a Group I carcinogen. This means that acetaldehyde is in the same group as asbestos and tobacco. Continuous exposure to it significantly increases the risk of various cancers. Exposure to acetaldehyde is connected with around four million new cases of cancer worldwide every year, or close to 40 per cent of all cancers.

Millions are among the risk groups

Acetaldehyde is hazardous to everyone, but people who belong to certain risk groups are exposed to a significantly greater extent than others. If you belong to one of the following groups, acetaldehyde is extremely detrimental to your health:

- You suffer from a low acid stomach
- You use antacid medication to treat heartburn or upper abdominal distress and pain
- You suffer from chronic helicobacter infection

You can check on the condition of your stomach by taking the GastroPanel blood test. Ask your doctor for further information or visit www.gastropanel.com

Acetium knocks out carcinogenic acetaldehyde in the stomach

Acetium is a Finnish innovation, which can help prevent the carcinogenic effect of acetaldehyde in the stomach. Acetium capsules contain L-cysteine, a natural amino acid. L-cysteine is released from Acetium capsules at a sustained rate, effectively binding carcinogenic acetaldehyde in the stomach.

Test your acetaldehyde exposure to check whether you belong to a risk group acetium.com

