

24 SIMPLE WAYS TO SHRINK YOUR GUT

FREE!
SNOW SPORTS GUIDE

Men's Health

YOU & IMPROVED!

Festive Sex

TURN FAT INTO MUSCLE

YOUR GUARANTEED 5-WEEK PLAN

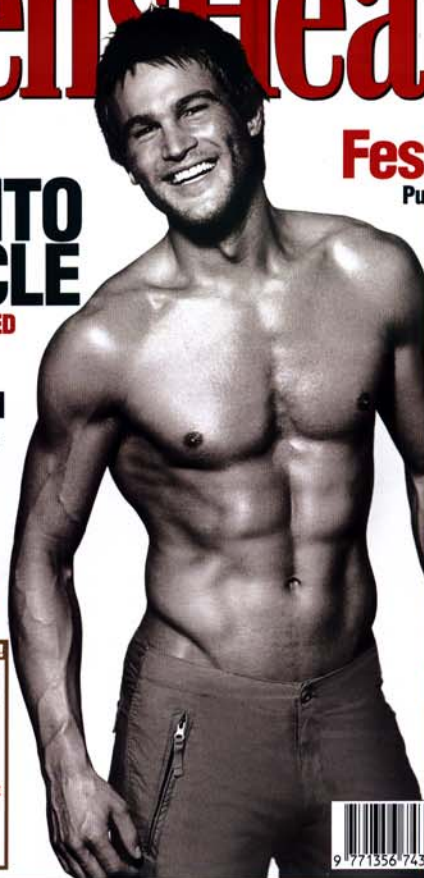
23 No-Fail Cold & Flu Fighters

EVERYDAY ENERGY BOOSTERS

BONUS SECTION!

RELAX RIGHT NOW!

- ▶ Take our stress test
- ▶ Hassle-proof your home
- ▶ Get more time off



HOW TO FIGHT LIKE JET LI | READ HER MIND | DRES



Drink and thrive?

"Must remember to take one of those... Zzz"

Can a hangover be cured? After some arduous preparation, we put the products to the test

	XO3 POWDER	RU21 PILLS	HEALTHY HANGOVER PILLS	CHASER PILLS	NEAL'S YARD MILK THISTLE	PARTY ON KIT
THEY SAY	 Have more fun tonight, feel better tomorrow!	 Helps the body get rid of toxic booze by-products.	 Inhibits toxin build-up.	 Absorbs symptom-causing toxins.	 Helps your liver banish a hangover.	 Gives you an energy boost, then brings you back to the land of the living the morning after.
INGREDIENTS	A massive list, including vitamins and chromium salts.	Succinic acid, fumaric acid, L-glutamine	N-acetyl-cysteine, various vitamins.	Charcoal	Milk thistle extract	B vitamins, sugar, caffeine
AMY SAYS	We definitely felt some benefit, but it tastes like sherbet.	Developed by the KGB, RU-21's secret agents got to work. When we awoke, we knew nothing of a hangover.	Relieved hangover slightly. But we still needed a bacon sarnie to recover completely.	Little effect on our hangovers, but could be handy if you're at a barbecue and run out of briquettes.	Definitely limited our hangover, and it feels healthier than taking a pill.	Hardly value for money for some Pro-Plus and antacid. For £18 we'll cook you a fry-up instead.
OUR DOCTOR SAYS	Dr Mike Isaac, psychiatrist at the Maudsley Hospital, London: "There's evidence that these elements boost brain function and neutralise stomach-acid and thus may help with symptoms."	"RU-21 works by accelerating the breakdown of alcohol. But it also has this effect on oral contraceptives and anti-depressants, and so could make them less effective. Be careful."	"N-acetyl-cysteine has some proven effect on hangover symptoms. It's available on its own from healthfood shops."	"Charcoal is used for overdoses, to soak up chemicals, but we've seen no evidence that it works like that with alcohol."	"There is some evidence to support milk thistle's reputation as a detoxifier, boosting the liver to deal with alcohol and other toxins."	"B vitamins are important for your overall health but they won't cure your hangover."
PRICE	£8.49 for six sachets (three nights' dose), www.clubxo3.co.uk	£4.99 for 10 tablets, www.ru21shop.uk.com	£36 for 60 pills, www.maximuspill.com/hangoverpill.htm	£19.95 for 40 pills, www.doublechaser.co.uk	£4.85 for 50ml/£6.70 for 150ml, www.nealsyardremedies.com	£17.99 per kit, www.needa.com

