

# 5<sup>th</sup> Joint Meeting on Adolescence Medicine

10<sup>th</sup> - 12<sup>th</sup> November 2011

Aula Consiliare e Sala dei Concerti, Palazzo de Nobili, Catanzaro (Italy)

Dangerously  adolescents

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Pediatric Unit

“Pugliese-Ciaccio” HOSPITAL

CATANZARO - ITALY

# DRINKING

## U. S. A.



Accidents

Unintentional injuries

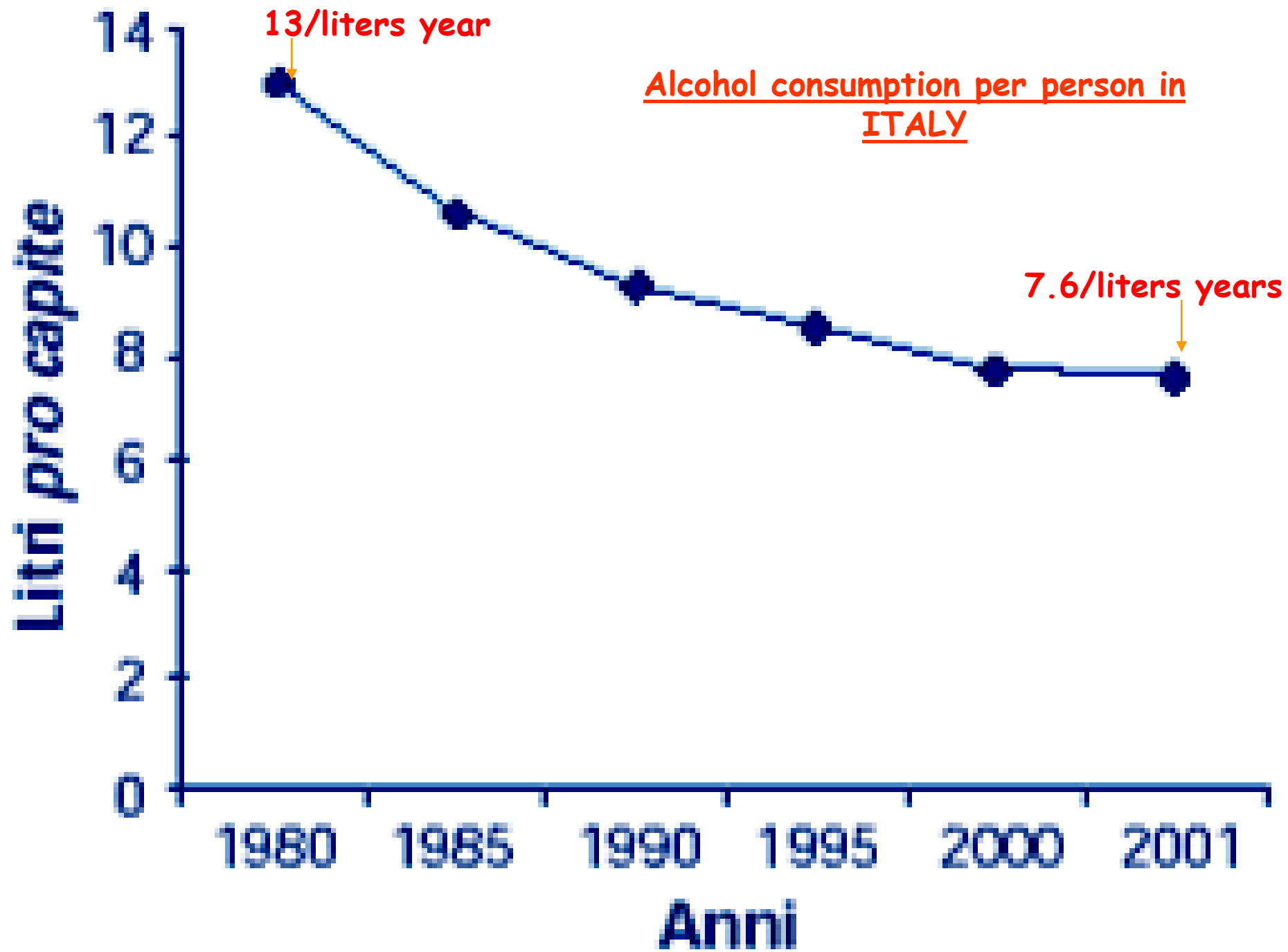


Homicide



Suicides





## Trend interrupted

between 2001 and 2003 the average consumption per person of alcohol increased from 9.1 liters to 10.5 liters in the population (> 15yrs) since <Europe, however, the average (of 25yrs) and in our neighboring countries such as Spain, France and Germany:

The Italian data is still above the level of average consumption per person that the O.M.S. recommend to the countries of the European regions for the year 2015,  
at 6 liters / year > 15 yrs, whereas age <15 yrs = 0

# The alarming thing is for young people

First drink at the age 11 years (14-15 years ?)

On average 12,2 years, compared with 14,6 the European average

In the age group between 11 and 24 years,  
13,2% of males and 4,4% of females have practiced "binge drinking"



"Binge drinking"

Drugs

**34%** exercise "Binge drinking"  
at least once a week  
(compared to **28%** European average)

*He alone understood  
He had  
fallen into darkness.  
And the instant he knew,  
he ceased to know.*

*Jack London*

# "Drunkorexia"

Eating behavior disorder  
in girls

Substance abuse  
(to alleviate hunger)

New trend

Add the lack of food

Alcohol abuse

"Drunkorexia"

Only alcoholic beverages as food !!!





# Alcopops, 2002

Targeting young people (EURO CARE)



# Alcolpops

- Alcoholic beverages with alcohol content of 5-6%
- Inviting colors (trendy presentation)
- Sweet and nice
- Easy to abuse
- Dependence





# "Happy hour"

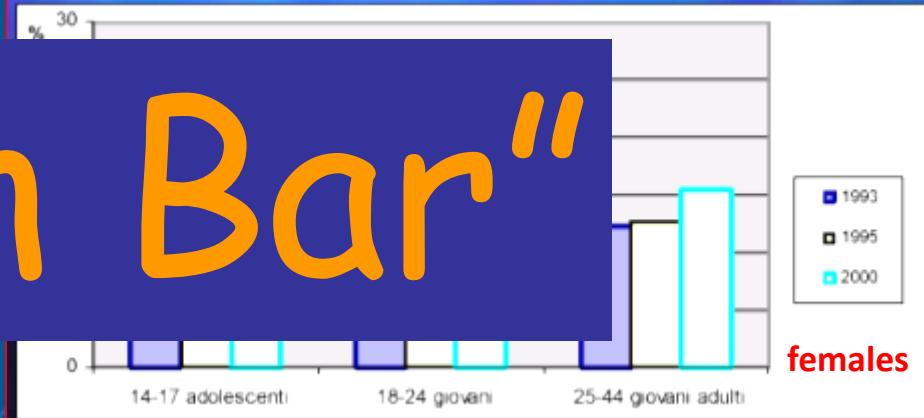
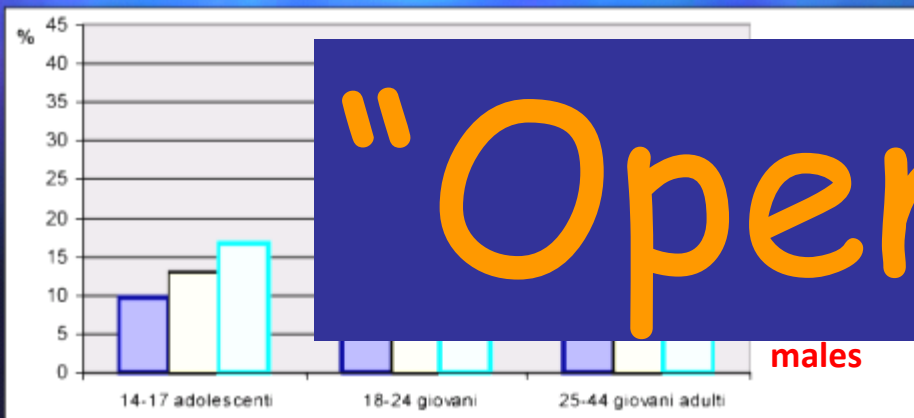
For

# "Pub crawl"

nt



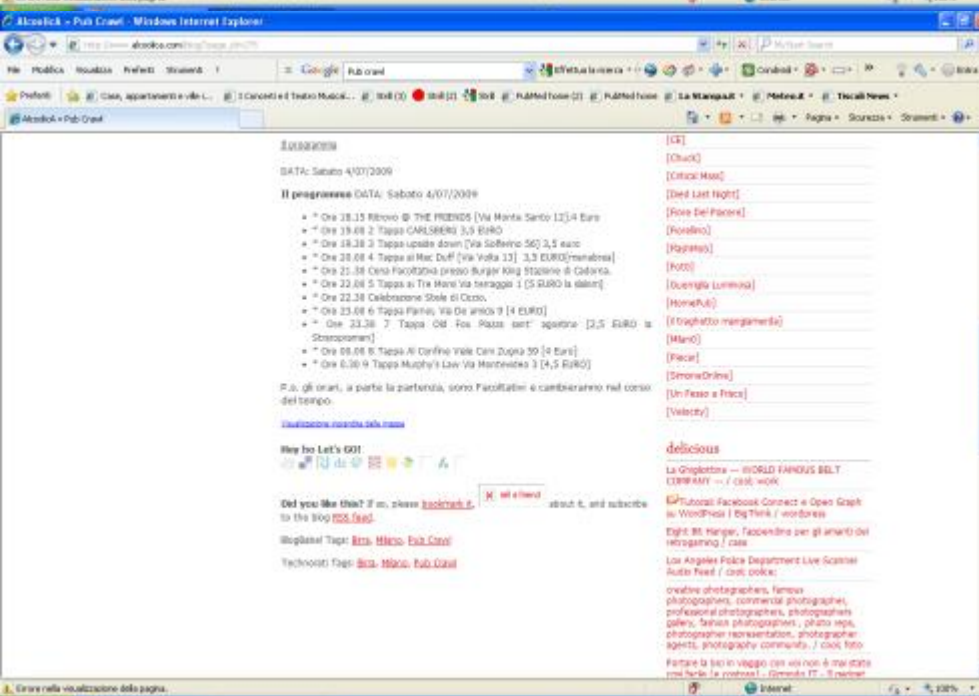
# "Drink as much as you can"



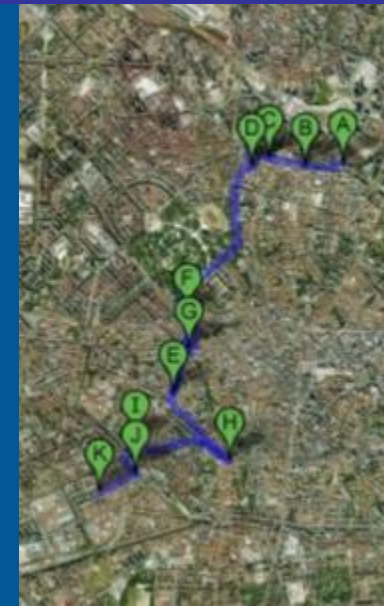
# "Open Bar"

males

females



“Pub crawl”



Butellon





# Lido Ca

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si è tra  
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trasportata  
liese per poi  
o, proprio a  
tà delle ustio-  
li di Napoli.  
trasferimento  
argenza in eli-  
do da accele-  
un intervento  
quale la diciass-  
be essere sot-

luto ha ovvia-  
to generale  
, anche per-  
lella ragazza è  
ta nel quartie-





## Nas sequestra 20.000 confezioni bevanda anti-sbornia

Prodotto importato da ditte di Catanzaro e Torino

28 gennaio, 17:52

[Indietro](#) | [Stampa](#) | [Invia](#) | [Scrivi alla redazione](#) | [Suggerisci \(\)](#) | [A-](#) | [A](#) | [A+](#)

(ANSA) - CATANZARO, 28 GEN - I Nas hanno sequestrato 20.000 confezioni di una bevanda "anti sbornia" risultate "non conformi" perche' contenenti "ingredienti non notificati al Dicastero". Il sequestro e' stato eseguito nell'ambito di un'operazione effettuata in tutta Italia.

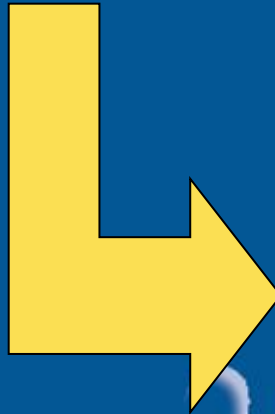
Il prodotto "anti sbornia" era presentato come disintossicante e digestivo istantaneo. Le verifiche eseguite dai Nas hanno consentito di accertare che il prodotto, venduto anche via Internet, e' stato importato da Francia e Svizzera da ditte di Catanzaro e Torino. (ANSA).

**Alcohol consumption  
in adolescents**



**Drug  
consumption**

**Synergistic;  
The one reinforces the other  
cocaine+alcohol = cocactilene**



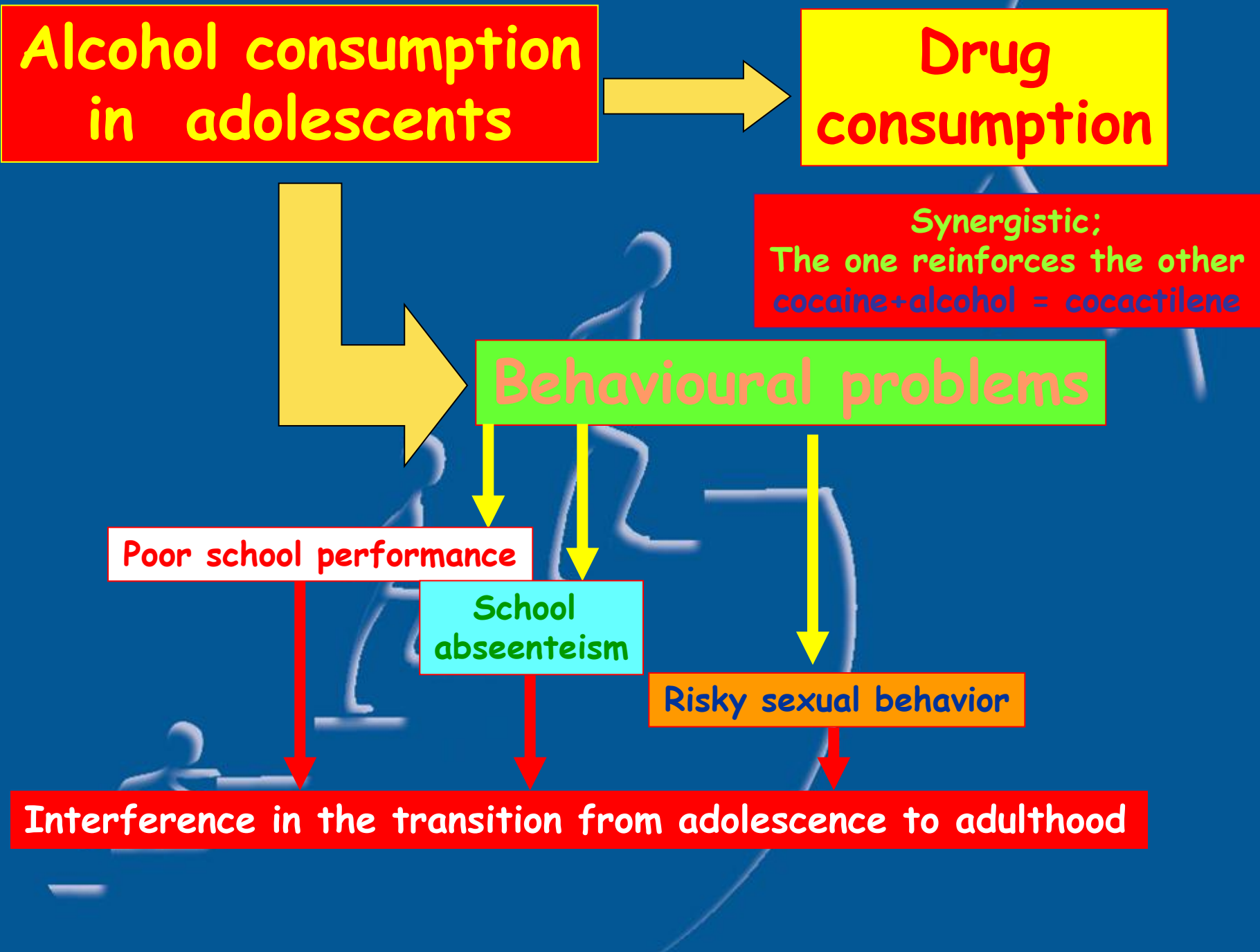
**Behavioural problems**

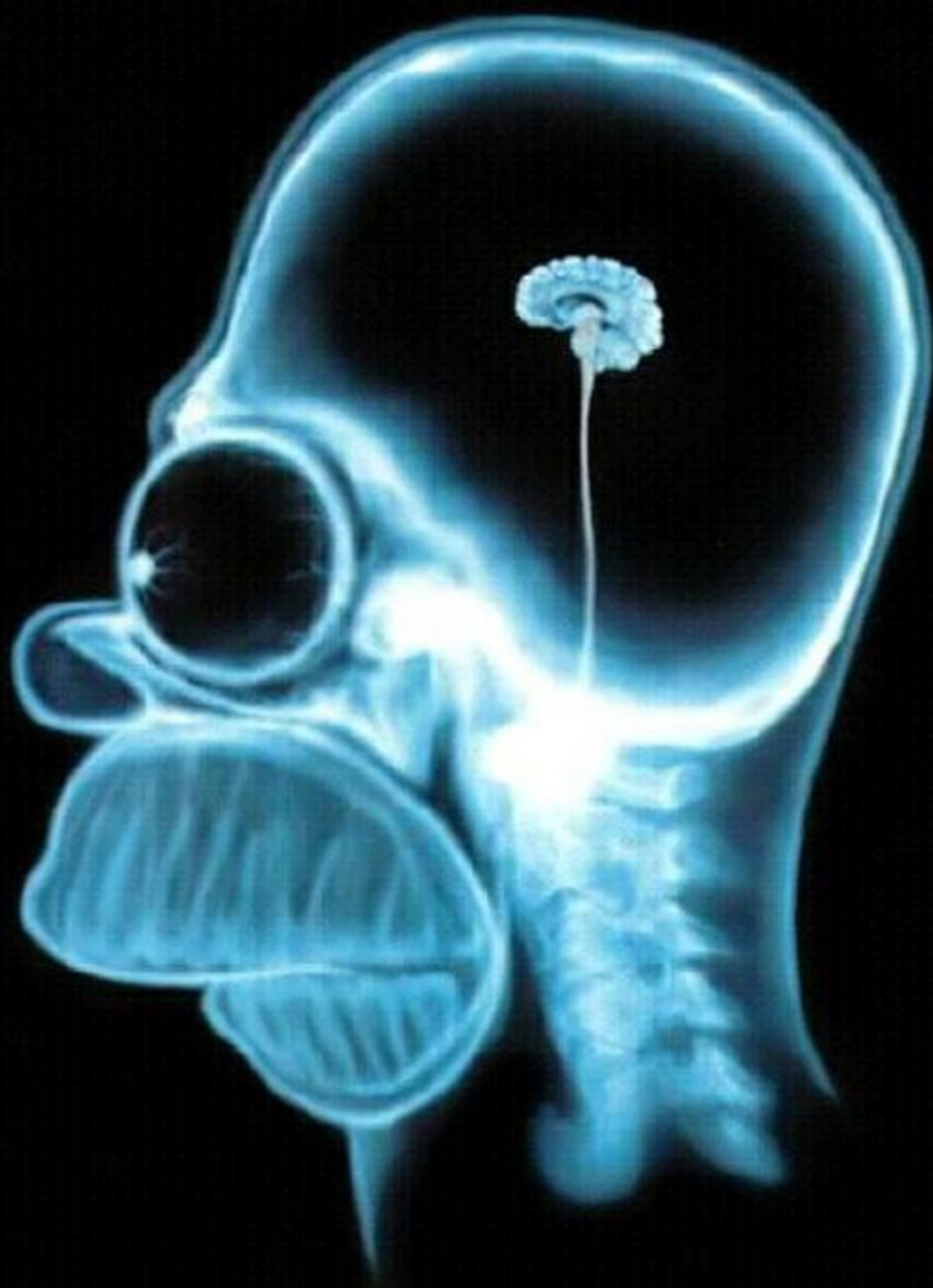
**Poor school performance**

**School  
abseenteism**

**Risky sexual behavior**

**Interference in the transition from adolescence to adulthood**





*Alcohol is the cause of 60 different types of diseases and conditions*

**-55.000** young people died from alcohol-related effects.  
Deaths involving both alcohol abusers and those who suffer the effect of alcohol abuse of others.

**-195.000** deaths each year in the EU

***W.H.O.***

*Alcohol is one of the first factors of early and chronic disabling diseases*



*Alcohol*  
induces



**Intentional violence**



**Criminal behavior**



## Association of Socioeconomic Position With Health Behaviors and Mortality

People in a modest economic position lead an unhealthy life and have 1.6 times higher risk of death than those with higher social status

Financial situation

Health

Work and/or work opportunity

Happiness

Alcohol adverse effects

Study

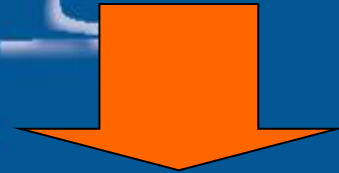
Family life

Friendships

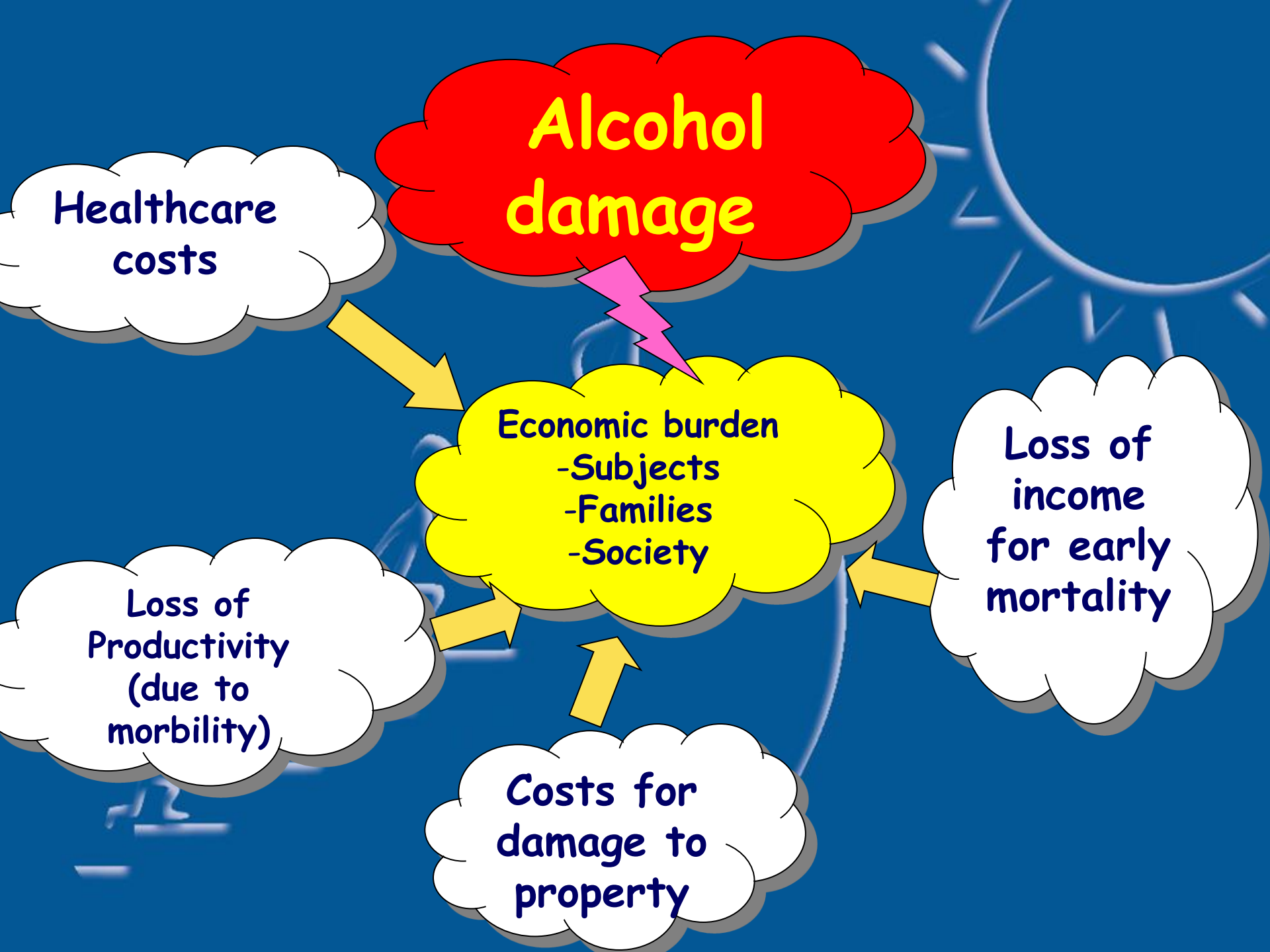




**Alcohol**



**Imposes, for Italy, a social cost and health equal to 2-5% (average 3.5% per year) of G.D.P.**



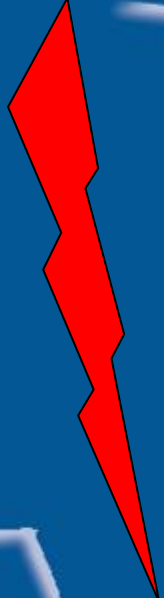
# EFFICIENT PREVENTIVE ACTION



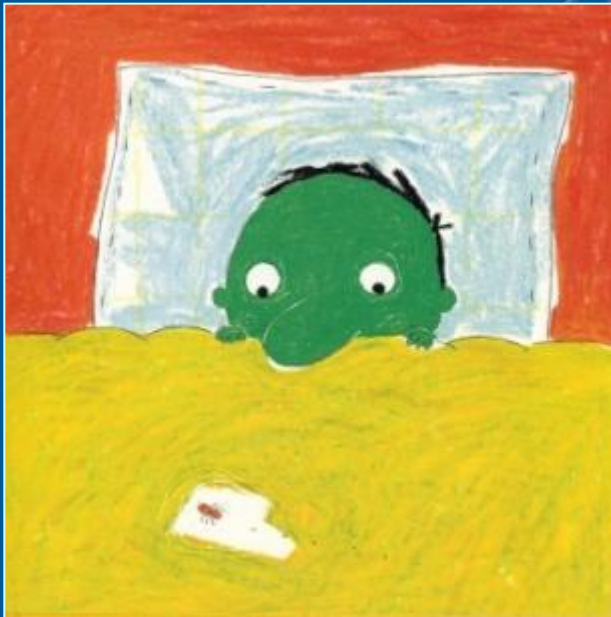
Training



Information



Prevention, with particular attention to young people, about possible adverse effects that the systematic use of alcohol (risk behavior) may have on health



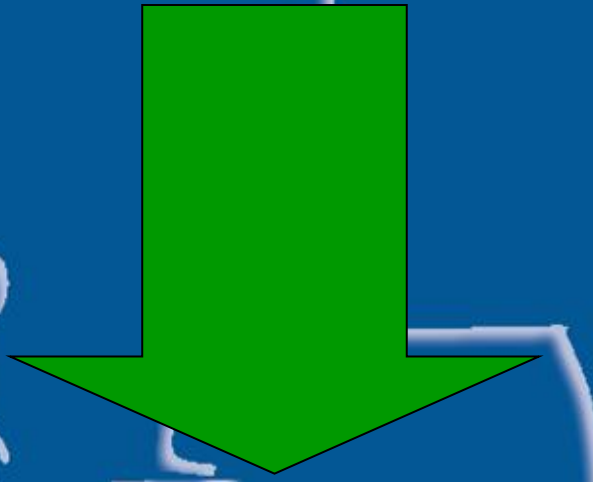
Media pressures



ADOLESCENT

# Alcohol

bar, pub, beer house, wine bar,  
recreational clubs , etc.



- Socialisation function
- Group reinforcement
- Collective rituals reinforcement
- Solidarity between individuals
- Reassuring family atmosphere

# Alcohol

```
graph TD; A[Alcohol] --> B[Food]; B --> C[Legal use]; C --> D[Myths and folk saying]; D --> E[Therapeutic properties, invigorating, stimulating, alimentary, digestive, ..... aphrodisiac];
```

Food

Legal use

Myths and folk saying

Therapeutic properties, invigorating, stimulating, alimentary, digestive, ..... aphrodisiac





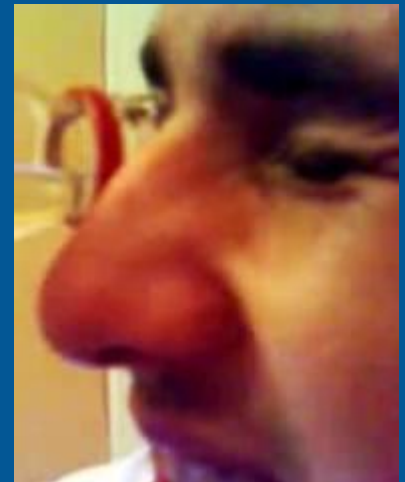
Make prevention



Produce stable changes over time

Implement programs that are not limited to repair work, but involving people and to make them aware of their choices

# "eyeballing"



Nervine substance that facilitates the significant waste of energy through a significant increase in blood pressure, speed of reaction and metabolism, reducing thus the perception of the state both physical and mental fatigue

# Energy Drink

# La scossa in lattina



## ...UNA "BOMBA" O UN ESPRESSO?

### SHARK

*Ingredienti:* saccarosio, destrosio, acido citrico, taurina (1 g), colina, caffeina (80 mg), lisina, inositolo (50 mg), vitamine (PP, B<sub>5</sub>, B<sub>6</sub>, B<sub>2</sub>, B<sub>1</sub>, B<sub>12</sub>), estratto di Guaranà (4,25 mg).

*Note:* consumare moderatamente soprattutto se si assume caffeina da altre fonti. Non consumare in combinazione con alcol o tabacco.



### RED BULL

*Ingredienti:* zucchero, glucosio, acido citrico, taurina (1 g), caffeina (80 mg), inositolo, vitamine (PP, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>), coloranti (caramello, vitamina B<sub>2</sub>).

*Note:* una lattina contiene all'incirca la caffeina di una tazzina di caffè. Consumare moderatamente.

### ANTARCTICA GUARANÀ

*Ingredienti:* dioxide carbonato E330, estratto di guaranà, colorante E1500, aromi naturali.

*Note:* nessuna (ma perché se si chiama Antarctica è prodotta in Brasile?).



### LIPOVITAN

*Ingredienti:* zucchero, taurina (1 g), acido citrico, citrato di sodio, estratto di pappa reale (75 mg), inositolo (50 mg), caffeina (50 mg), vitamine (B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, PP), colorante (vitamina B<sub>2</sub>).

*Note:* una lattina contiene meno caffeina di un espresso. Non eccedere nel consumo.



### FITGAR ENERGY DRINK

*Ingredienti:* acqua, succo d'arancia o limone, estratti vegetali guaranà e noce di cola, sodio (41,7 mg), cloruri (40 mg), potassio (23,5 mg), magnesio (5 mg), vitamina B<sub>6</sub> (0,6 mg), vitamina B<sub>1</sub> (0,42 mg).

# National Consumer Union

In our country people under the age of 30 tend to abuse Energy Drinks  
(3-4 cans/week)

Associated with alcohol consumption

12% increase in consumer energy drink especially in the evening,  
where consumption is related to the preparation of cocktails (discos, pubs)

The anti-poison center of Pavia has recorded 11 cases of intoxicated  
persons for abuse of Red Bull and/or co-recruitment of high volume Red Bull  
with other substances (tachycardia, agitation, vomiting, and in the case of  
co-employment drug delirium and hallucinations)

The association of Energy Drinks and alcohol can give an illusory sense of  
command of the situation induced by caffeine, which inhibits the sedative  
effect of the alcohol (masking the alcohol influence, really slow reflexes  
and reduced motor coordination)



## Energy drinks: a risk of heart attack

After an hour of consuming energy drinks, objective cardiovascular changes characterized by an increase in blood pressure and platelet aggregation, in addition to an alteration of endothelial function can be observed

## Health Effects of Energy Drinks on Children, Adolescents, and Young Adults

**AUTHORS:** Sara M. Seifert, BS, Judith L. Schaechter, MD, Eugene R. Hershorn, MD, and Steven E. Lipshultz, MD

*Department of Pediatrics and the Pediatric Integrative Medicine Program, University of Miami, Leonard M. Miller School of Medicine, Miami, Florida*

**KEY WORDS**

energy drink, caffeine, taurine, children, adolescents, overdose

**ABBREVIATIONS**

FDA—Food and Drug Administration

ADHD—attention-deficit/hyperactivity disorder

[www.pediatrics.org/cgi/doi/10.1594/2/peds.2009-3592](http://www.pediatrics.org/cgi/doi/10.1594/2/peds.2009-3592)

doi:10.1542/peds.2009-3592

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### abstract



**OBJECTIVE:** To review the effects, adverse consequences, and extent of energy drink consumption among children, adolescents, and young adults.

**METHODS:** We searched PubMed and Google using “energy drink,” “sports drink,” “guarana,” “caffeine,” “taurine,” “ADHD,” “diabetes,” “children,” “adolescents,” “insulin,” “eating disorders,” and “poison control center” to identify articles related to energy drinks. Manufacturer Web sites were reviewed for product information.

**RESULTS:** According to self-report surveys, energy drinks are consumed by 30% to 50% of adolescents and young adults. Frequently containing high and unregulated amounts of caffeine, these drinks have been reported in association with serious adverse effects, especially in children, adolescents, and young adults with seizures, diabetes, cardiac abnormalities, or mood and behavioral disorders or those who take certain medications. Of the 5448 US caffeine overdoses reported in 2007, 46% occurred in those younger than 19 years. Several countries and states have debated or restricted energy drink sales and advertising.

**CONCLUSIONS:** Energy drinks have no therapeutic benefit, and many ingredients are understudied and not regulated. The known and unknown pharmacology of agents included in such drinks, combined with reports of toxicity, raises concern for potentially serious adverse effects in association with energy drink use. In the short-term, pediatricians need to be aware of the possible effects of energy drinks in vulnerable populations and screen for consumption to educate families. Long-term research should aim to understand the effects in at-risk populations. Toxicity surveillance should be improved, and regulations of energy drink sales and consumption should be based on appropriate research. *Pediatrics* 2011;127:511–528

## CONCLUSIONS

On the basis of this review, we conclude that (1) energy drinks have no therapeutic benefit, and both the known and unknown pharmacology of various ingredients, combined with reports of toxicity, suggest that these drinks may put some children at risk for serious adverse health effects<sup>11,16,24,25,38</sup>; (2) typically, energy drinks contain high levels of caffeine, taurine, and guarana, which have stimulant properties and cardiac and hematologic activity,<sup>1&11</sup> but manufacturers claim that energy drinks are nutritional supplements, which shields them from the caffeine limits imposed on sodas and the safety testing and labeling required of pharmaceuticals<sup>1&11</sup>; (3) other ingredients vary, are understudied, and are not regulated; (4) youth-aimed marketing and risk-taking adolescent developmental tendencies combine to increase overdose potential; (5) high consumption

is suggested by self-report surveys but is underdocumented in children (deleterious associations with energy drink consumption have been reported globally in case reports and popular media<sup>1&11,25,32,38</sup>); and (6) interactions between compounds, additive and dose-dependent effects, long-term consequences, and dangers associated with risky behavior in children remain to be determined.<sup>5,14,25,38</sup>

# infoenergydrink



La caffeina è contenuta in molti alimenti o cioccolato. La quantità di caffè in una lattina di Energy Drink è simile a quella contenuta in una tazzina di caffè.

L'impegno del Ministero della Gioventù  
Il Ministro Giorgio Napolitano

Infoenergydrink è il rappresentante la produzione dell'impegno che il ministero della Gioventù profonda, un obiettivo del mandato, per la promozione della salute e il benessere dei giovani nonché per la diffusione, tra loro, di stili di vita salutari.

La responsabilità del settore  
Il Presidente di ASSORBÈ Aurelio Cervoni

La diffusione di fornire informazioni "on line" sulle bevande funzionali analizzate dalle "Energy drink" nasce dall'esigenza di evitare una confusione proliferante e disorientante, prevenendo ostacoli ad un consumo responsabile.

- nome
- Energy Drink, questi sono esenti
  - Le Aziende si impegnano, farlo anche tu
  - Principali ingredienti
  - Scegliere consapevolmente

QUIZ

falsi miti

in poche parole

# infoenergydrink

## Falsi miti

**Il contenuto di caffeina negli Energy Drink è molto elevato**  
Un contenitore standard di Energy Drink (330 ml) contiene in media 80 mg di caffeina, pari a 200 mg di caffè macinato. Inoltre, in un'ora, il corpo di un adulto medio riesce a metabolizzare circa 3 mg di caffeina. La quantità di caffeina contenuta in una lattina di Energy Drink (330 ml) è simile a quella contenuta in una tazzina di caffè.

**Gli Energy Drink sono vietati in alcuni Stati europei**  
In alcuni Paesi, come il Belgio, gli Energy Drink sono vietati per i minori. In altri, come l'Italia, sono vietati per i minori di 16 anni. In altri, come la Germania, sono vietati per i minori di 18 anni. In altri, come la Francia, sono vietati per i minori di 21 anni. In altri, come la Spagna, sono vietati per i minori di 16 anni. In altri, come la Svezia, sono vietati per i minori di 18 anni. In altri, come la Danimarca, sono vietati per i minori di 16 anni. In altri, come la Finlandia, sono vietati per i minori di 18 anni. In altri, come la Norvegia, sono vietati per i minori di 18 anni. In altri, come la Svezia, sono vietati per i minori di 18 anni. In altri, come la Danimarca, sono vietati per i minori di 16 anni. In altri, come la Finlandia, sono vietati per i minori di 18 anni. In altri, come la Norvegia, sono vietati per i minori di 18 anni.

**Il consumo di Energy Drink aumenta il consumo di alcol**  
Non c'è alcuna relazione diretta tra il consumo di Energy Drink e il consumo di alcol.

**Gli ingredienti non sono salutari**  
L'elenco degli ingredienti di Energy Drink non è né salutare né dannoso. Gli ingredienti sono: acqua, zucchero, caffeina, taurina, vitamine e altre sostanze.

**Non si conoscono gli effetti degli Energy Drink**  
Gli Energy Drink non sono né salutari né dannosi. Gli effetti degli Energy Drink sono simili a quelli del caffè.

**Gli Energy Drink sono spuntini**  
Gli Energy Drink non sono spuntini. Gli Energy Drink sono bevande funzionali che forniscono energia e aiutano a combattere la stanchezza.

**Il consumo frequente di Energy Drink al giorno**  
Il consumo frequente di Energy Drink al giorno non è salutare. Il consumo frequente di Energy Drink al giorno può causare problemi di salute.

nome

- Energy Drink, questi sono esenti
- Le Aziende si impegnano, farlo anche tu
- Principali ingredienti
- Scegliere consapevolmente

QUIZ

falsi miti

in poche parole

# infoenergydrink

## In poche parole

**ENERGY DRINK**  
Energy Drink sono bevande analizzate "funzionali" con un effetto stimolante e tonificante anche di ingredienti vegetali. Contengono caffeina, taurina, vitamine e altre sostanze che hanno un effetto stimolante e tonificante.

**CAFFEINA**  
La caffeina è contenuta in molti alimenti quali caffè, tè o cioccolato. La quantità di caffeina contenuta in una lattina di Energy Drink è simile a quella contenuta in una tazzina di caffè.

**MODERAZIONE**  
Come per qualsiasi altro alimento, si raccomanda di consumare gli Energy Drink con moderazione e di evitare il loro consumo eccessivo. Per il loro contenuto di caffeina, gli Energy Drink non sono raccomandati ai bambini, alle donne in gravidanza e alle persone sensibili alla caffeina.

**SICUREZZA**  
Gli Energy Drink sono approvati in oltre 100 Paesi, inclusi tutti gli Stati dell'Unione Europea. Sono commercializzati da più di 20 anni (dal 1995 al 2015). In nessun Paese non è stata vietata la vendita.

**RESPONSABILITÀ**  
Al fine di fornire informazioni sulle reali caratteristiche degli Energy Drink e per promuovere un consumo responsabile e consapevole degli stessi, i principali produttori aderenti ad ASSORBÈ hanno deciso di rafforzare il proprio impegno assumendo specifiche azioni concernenti le attività di promozione, marketing e pubblicità di tali bevande.

- nome
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QUIZ

falsi miti

in poche parole

# infoenergydrink

## Scegliere consapevolmente

**È raccomandato**  
Per questo, si raccomanda di consumare gli Energy Drink con moderazione e di evitare il loro consumo eccessivo. Per il loro contenuto di caffeina, gli Energy Drink non sono raccomandati ai bambini, alle donne in gravidanza e alle persone sensibili alla caffeina.

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falsi miti

in poche parole



# Cigarette smoking

ALCOHOL ABUSE

DRUGS

CIGARETTE SMOKING


**About 80% of patients who use tobacco began under 18 years ;  
The number of teenage smokers is increasing everywhere**





-Smoking causes **650.000 deaths** a year in Europe

-A death in seven is a direct result of tobacco and dependence kills a smoker out of two



-**15% of non-smokers** (passive smoking) is in danger of being a victim (circulatory system disease, cancer, hair loss, ulcers, infertility, etc.)

A. Peruga, A. Pruss-Ustun (Lancet)



-Each year, worldwide, **about 600.000** people die due to the consequence of **passive smoking**.



-**The first victims of passive smoking appear to be children:**  
-Well over **150.000** under 5 years of life.

-The phenomenon is most evident in low and middle income countries

**Smokers among  
15-24 year olds in  
Italy amounted to  
19.9%**



**More than one  
million and 200  
thousand young  
people smoke**

**Boys  
22.5%**



**Girls  
17.3%**

Addict Behav. 2010 Dec 2. [Epub ahead of print]

## Nicotine exposure in daily waterpipe smokers and its relation to puff topography.

Maziak W, Rastam S, Shihadeh AL, Bazzi A, Ibrahim I, Zaatari GS, Ward KD, Eissenberg T.

School of Public Health, University of Memphis, Memphis, TN, United States; Syrian Center for Tobacco Studies, Aleppo, Syria.

These data show considerable nicotine exposure in daily waterpipe smokers, and that nicotine exposure is a function of waterpipe smoking patterns.



# DRUGS

OCCASIONAL

DEPENDENCE

In Italy the number of drug deaths has seen a gradual rise

ISTAT

out of 4651 adolescents who died in 1997,  
1.7% of females and 3.6% of males due to overdose

Youth Risk Behavior Surveillance System  
(YRBSS- USA)

1 student/10 marijuana < 13 years  
1.1% cocaine < 13 years  
17% of adolescents LSD, PCP, Ecstasy

ADDICTION INFORMATION AGENCY CITY OF ROME

First contact with drugs < 9 years of life (08.04.2010)

**1.121 young people (15-20 years) Reggio Emilia:  
21% joints not dangerous  
35% only exaggerated use dangerous**

**Recreational and moderate use of cannabinoids not risky for mental and physical health (compatible use with daily routine such as school, work, sport, family and social relations)**

**The use of "joints" produces:**

- states of excitement**
- wellness**
- reduces anxiety**
- reduces anguish**
- reduces uncertainty !!!**

## Smart Shops (herbal products)

"smart drugs" (products of vegetable origin)  
containing: vitamins, active ingredients of plant extracts

- ephedrine
- caffeine
- taurine

-substances with hallucinogenic properties  
(environmental fresheners, seed collection)

Improve the "performance" of the brain and physical

"HIGH" without damage !!!

But plants are not always harmless !

- cocaine
- morphine
- salvia divinorum





12 euro/gram

**N-J O Y**

**J W H**

**0-18**

substitute for viagra





Shayana Shop

Home

CONVERTITO | LIBRO | FAQ | INFO ONLINE | REGISTRATI | SPEDIRE

Nome: \_\_\_\_\_

Welcome to Shayana head shop.

High Meditations, Cannabis seeds, herbal supplements, Ayurveda, subtle Shayana Head shop offers a huge selection of psychedelics and smart drugs. We also have a big range of pipes, bongs, Magic mandalas, Oilfams, smoking papers, grow nutrients, sports supplements, Cannabis seeds, herbal etc. and many other products. Our stock is continuously updated and our site accurately shows you the availability of each product, we ship the same or next day, worldwide, fast and discreet!

Weed  
 Cannabis  
 Herbs  
 Pipes  
 Bongs  
 Herbal  
 Mandala  
 Grow  
 Nutrition  
 Seeds  
 Other



Offshore Pharmacy

Product info Home To Order

IAI Terms Health Articles FAQ

Smart Drugs

Smart Nutrition

Prozac Zoloft Pazi

Growth Hormone (\$4 per 4)

Alzheimer's

Antibiotics

Viagra - Uprims

US citizens may import a 3 month supply of medicine under [FDA policy](#)

Order	Medicine	Strength	Quantity	Price
Order	Adrafinil (Olimfin®)	research	300 mg 40 tabs	\$30.99
Order	Aniracetam (Aramet®)		750 mg 20 tabs	\$49.99
Order	Deprenyl (Jumex®)	www.deprenyl.net	5 mg 50 tabs	\$49.99
Order	Deprenyl®	liquid citrate 1 drop = 1 mg	300 mg 12 ML	\$74.99
Order	Galantamine	www.galantamine.cc	8 mg 30 caps	\$23.99
Order	Hydergine®	Novartis	4.5 mg 30 tabs	\$24.99
Order	Idebenone	www.idebenone.org	30 mg 60 tabs	\$26.99
Order	Memantine (Axura®)	www.memantine.info	10 mg 50 tabs	169.99
Order	Modafinil (Mododal®)	www.modafinil.org	100 mg 30 tabs	149.99

Shayana Shop

Home

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Nome: \_\_\_\_\_

Welcome to Shayana head shop.

High Meditations, Cannabis seeds, herbal supplements, Ayurveda, subtle Shayana Head shop offers a huge selection of psychedelics and smart drugs. We also have a big range of pipes, bongs, Magic mandalas, Oilfams, smoking papers, grow nutrients, sports supplements, Cannabis seeds, herbal etc. and many other products. Our stock is continuously updated and our site accurately shows you the availability of each product, we ship the same or next day, worldwide, fast and discreet!

Weed  
 Cannabis  
 Herbs  
 Pipes  
 Bongs  
 Herbal  
 Mandala  
 Grow  
 Nutrition  
 Seeds  
 Other

Three Oak Herbs - Porcupine Flower  
 Prezzo € 8,50

arava  
 Prezzo € 14,95

Small Thai All In GrowKit  
 Prezzo € 22,95

Small Mckean All In GrowKit  
 Prezzo € 22,95

Small Golden Teacher All In GrowKit  
 Prezzo € 22,95

Small Equator All In GrowKit  
 Prezzo € 22,95

Small Columbian All In GrowKit  
 Prezzo € 22,95

Small peric glass pipe  
 Prezzo € 4,95

Sharpnose Vibrating Grinder Black 36 MM 5 parts w  
 Prezzo € 25,95

Paradise seeds Forbidden Magic Bud  
 Prezzo € 20,95

Three Oak Herbs - Damiana  
 Prezzo € 8,50

Koolin Rush  
 Prezzo € 23,95

Nirvana  
 Prezzo € 24,94

The devil ceramic waterpipe  
 Prezzo € 9,95

Aloe 4-bee Ceramic waterpipe  
 Prezzo € 14,95

Acryl bong col. 2" 10 cm  
 Prezzo € 0,95

Acryl bong fluorescent 2" 50.5cm  
 Prezzo € 11,95

Red Igniter  
 Prezzo € 03,95

Red Factor X  
 Prezzo € 04,95

Cerebrower A&B  
 Prezzo € 03,95

Jolly Beets Cleaning Gel  
 Prezzo € 14,95

International Antiaging System

HOME to order

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Sark GY9 05F  
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Great Britain  
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we do not accept telephone orders  
we do not ship to the United Kingdom

Get Smart™ brain formula

500.000.000.000	10 mg
Vipacostatine	250 mg
Ceronylhorosine	200 mg
Pyritinol	100 mg
Picamilon	200 mg
Aniracetam	50 mg
Oxiracetam	10 mg
Idebenone	300 mcg
Galantamine	100 mcg
Hyperzine A	

50 caps \$45.95

order

