

Safety Innovations

Enjoy A Headache-Free Summer

(NAPSA)—Barbecues, baseball games, vacations, street fairs and even weddings (and associated bachelor/bachelorette parties) are popular activities, and some say that drinking alcohol is, too. Summertime and drinking tend to go hand-in-hand.

To stay safe, healthy and productive this summer, follow these responsible drinking guidelines.

- Drink plenty of non-alcoholic fluids to prevent dehydration. Sunlight increases the effects of alcohol by causing a person to perspire, which depletes body fluids; but alcohol remains in the system.

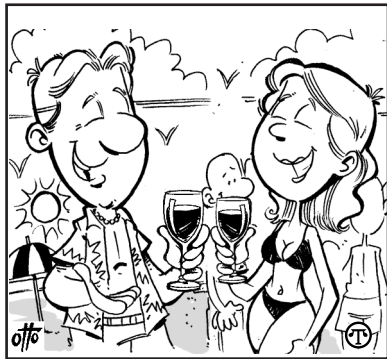
- Wear a life jacket around water. Because alcohol impairs balance and vision, decision-making skills and reaction time can diminish.

- If you've been drinking, avoid operating a car or boat, and appoint a driver. Designated drivers have saved approximately 50,000 lives and spared many more from suffering injury from drunk driving.

- Keep Chaser—Freedom from Hangovers handy to prevent a potential hangover.

A hangover is painful, and it can render a person unproductive and irritable at home or work. Keep in mind, it takes an average of just 3.2 drinks to cause hangover symptoms.

Found in GNC and Rite Aid stores or at www.doublechaser.com,



Parties can be more pleasurable when you know you're doing all you can to avoid alcohol-related risks and hangovers.

Chaser is an all-natural supplement that absorbs hangover-causing elements in beer, wine and spirits. In a recent clinical trial, 83 percent of participants who tested Chaser said they would recommend the product to prevent hangovers.

Chaser's formula of calcium-based ingredients makes it a safe preventative, more so than taking aspirin or acetaminophen with alcohol. Chaser's ingredients are Generally Recognized as Safe (GRAS) by the FDA, which is its highest safety rating.

As the beach beckons, the bachelor party approaches and the barbeque begins, take extra precautions to keep yourself safe and the drinking season hangover-free.