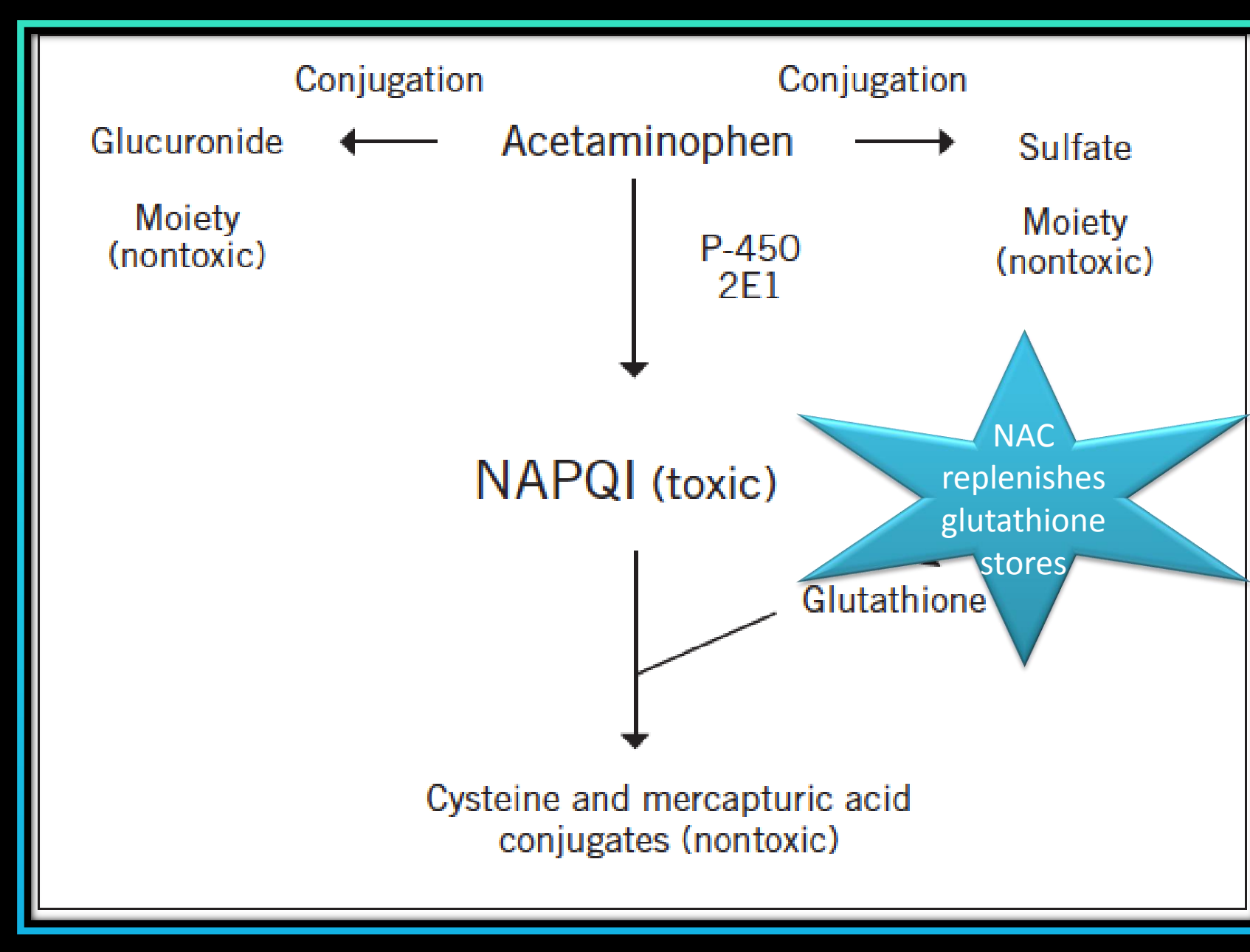
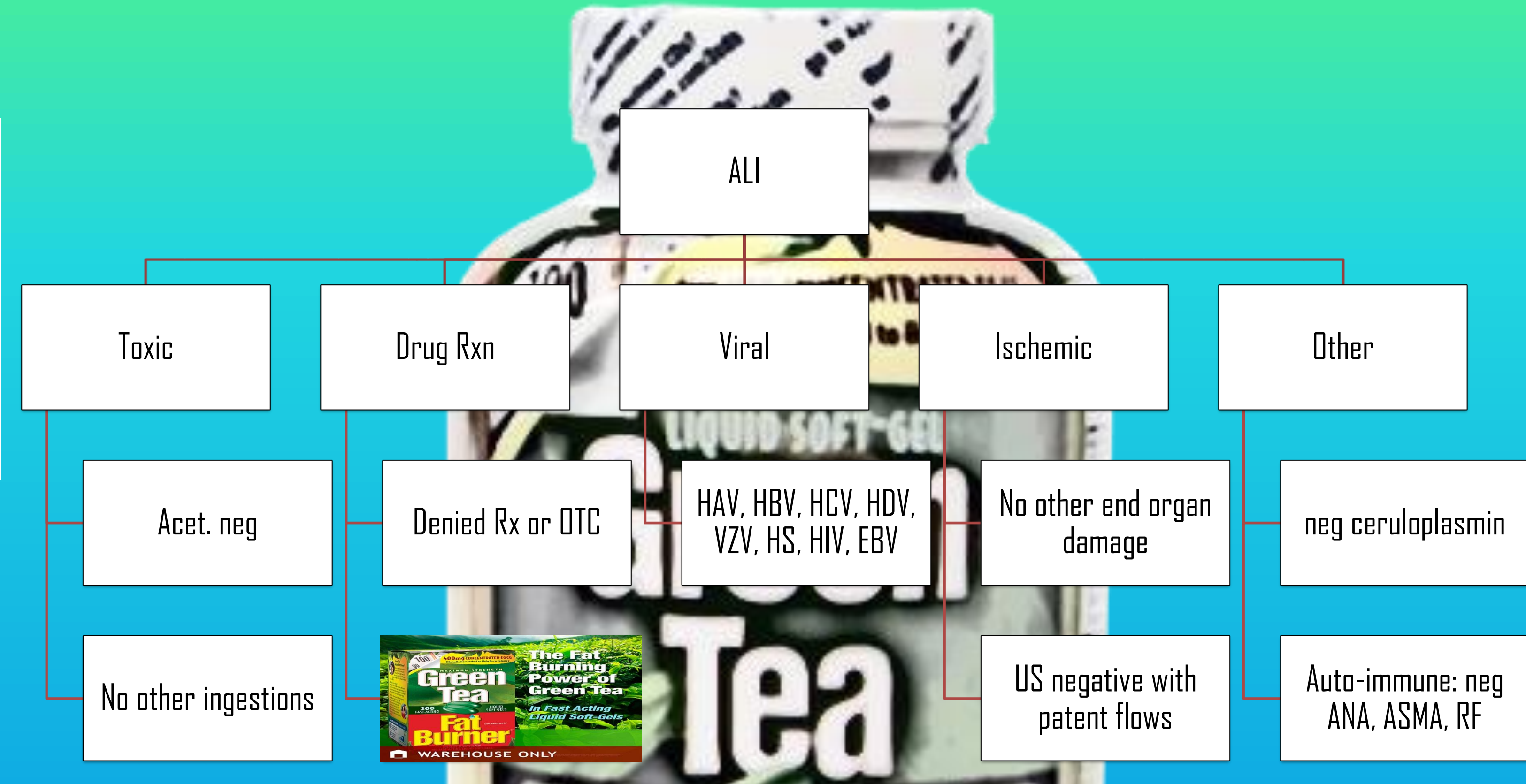


# From Something Green on the Inside to Yellow on the Outside

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## Introduction

Pressure to obtain an ideal body image in today's society often drives both men and women to seek supplements for performance enhancement and weight loss. These supplements are readily available both on-line and in stores with no FDA regulation. Despite the perception that products sold in major US stores are safe, clinicians treating the consequences thereof know better.



## Case

Who: previously healthy 32 year-old African American woman  
 CC: yellowing of the eyes  
 HPI:  
 -Onset 3 days prior to arrival  
 -associated Sx: diffuse abdominal pain, 3-4 episodes of diarrhea and general malaise  
 Past Medical Hx/Meds/Habits:  
 -No prior medical history, recent travel, exotic meals, IV drug use  
 -No significant alcohol use, IV drugs or new sexual partners  
 -Vitals: WNL  
 Exam: scleral icterus, palatal icterus, RUQ pain. AAO x4, -Asterixis  
 Labs: AST/ALT **1680/2758** and bilirubin **17.6**. INR: **1.5**, CBC/Chemistry WNL

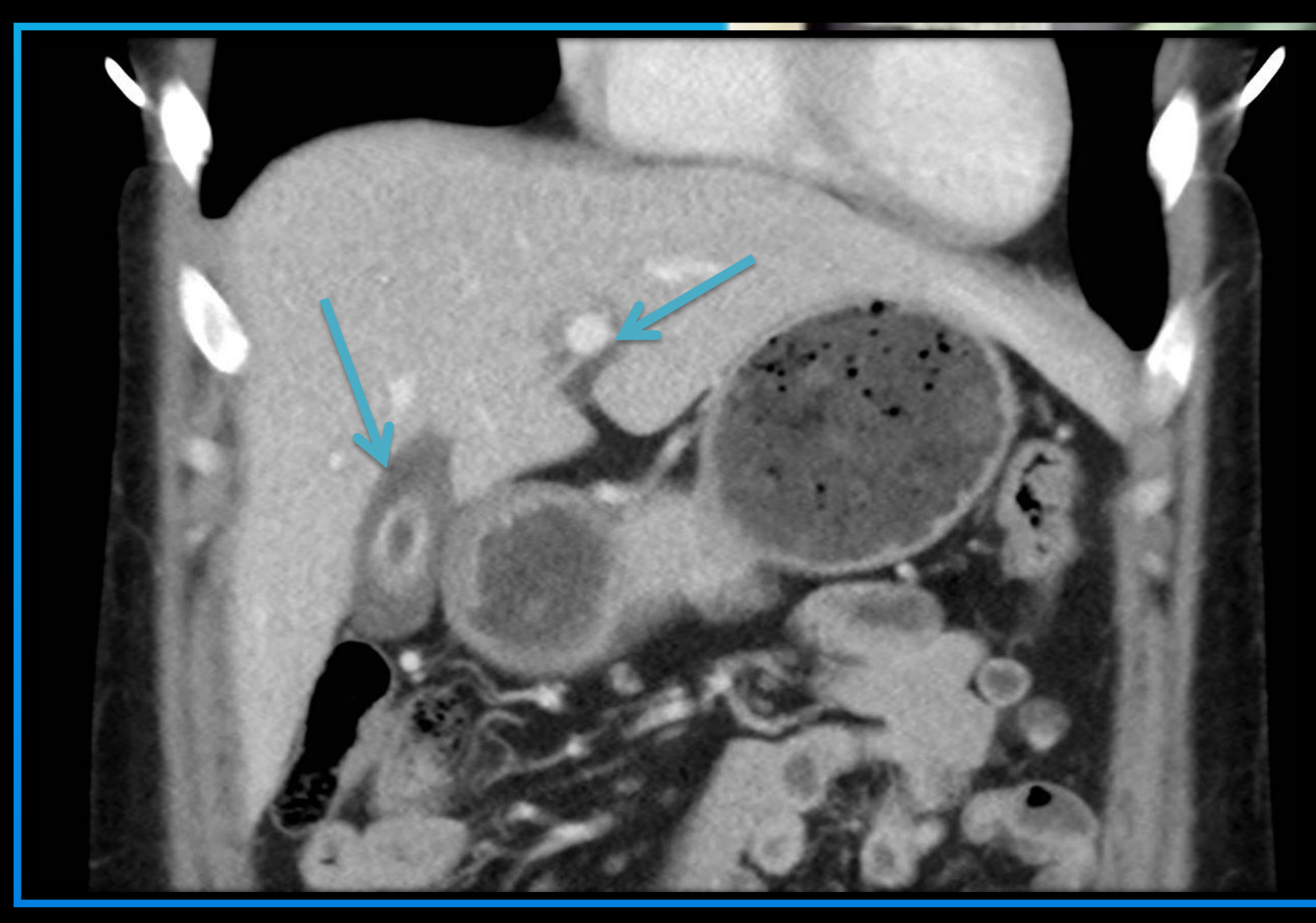


Image 1. CT Liver: nonspecific findings of inflammation. All are supportive of an acute underlying process, one of which is acute hepatitis. Note Fluid around GB/ fissure for ligamentum teres

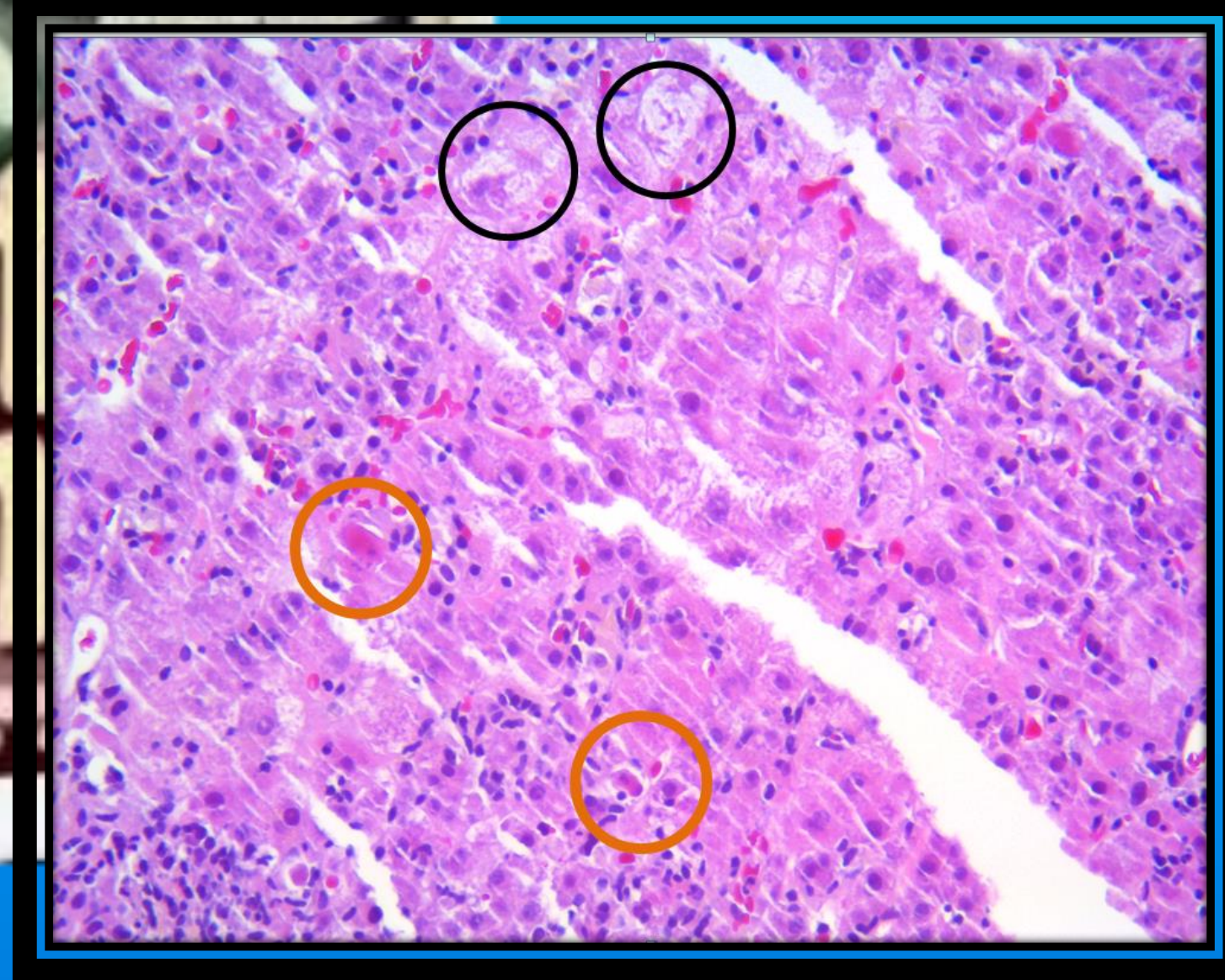


Image 2. liver biopsy revealing acute cholestatic hepatitis either 2/2 to adverse drug effect, acute viral infxn, or bile outflow obstruction

## Conclusion

The cause of this patient's ALI is most consistent with drug reaction to green tea extract.

- Take Home Points:**
- Green Tea Extract can cause ALI and ALF: *www.Livertox.gov: green-tea extract has been implicated in many cases of ALI including acute liver failure and death, with at least 58 attributable case reports.*
  - Mechanism:** Catechin which induced mitochondrial toxicity and reactive oxygen species.
  - Reinforces importance of exploring herbal supplement use in our patients
  - Remind our patients that although these products are sold in stores, they are not regulated in the same way as traditional pharmacotherapy

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnosis, treat, cure or prevent any disease.

