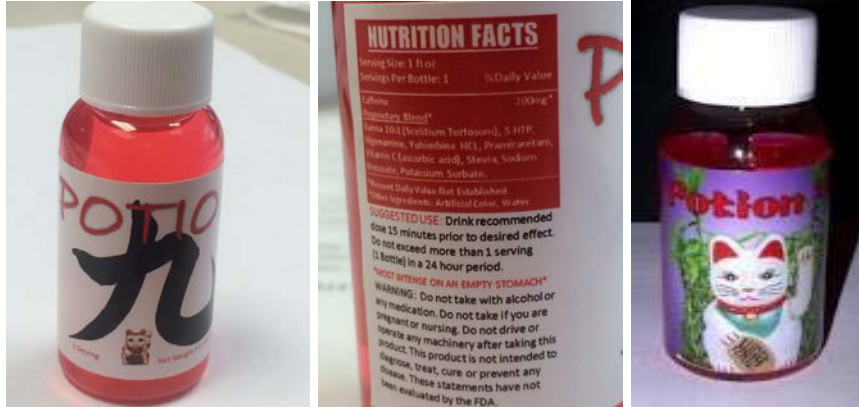




To: Physicians, Nurses, and Other Health Care Providers in the Federated States of Micronesia
From: Ron Kirschner, MD
Medical Director, Nebraska Regional Poison Center
Subject: Potion 9
Date: 6/24/14

- In recent weeks several individuals were seen in the ED after using a product called Potion 9.
- Potion 9 is available in stores that sell dietary supplements and via the internet; it is a liquid sold in one ounce bottles with a logo of a cat on the label.
 - The product label lists ingredients including 5-hydroxytryptophan, caffeine, kanna, and yohimbine. However, actual ingredients of dietary supplement products may differ from those listed on the label.
- Two patients seen after abusing this product presented with CNS depression, intermittent agitation, and mild bradycardia.
 - They were hemodynamically stable with unremarkable routine labs.
- Both were intubated in the ED for airway protection but were alert the next day, tolerated extubation, and appeared to recover without sequelae.
- Patients thought to be abusing Potion 9 should be managed with supportive care including:
 - Benzodiazepines for agitation, tremor, or seizure.
 - Airway support as needed.
 - Assessment for coingestants and co-morbid conditions.



Our trained staff of nurse specialists in poison information and physician toxicologists is available 24 hours a day to answer your questions. In the Federated States of Micronesia, health care professionals and the public can reach the Poison Center by calling 288, wait for an automated operator, then 888-222-4516.