

MEDIA RELEASE

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Blue Ridge Poison Center [www.brpc.virginia.edu](http://www.brpc.virginia.edu)



### **Blue Ridge Poison Center Warns of Serious Health Effects from Supplement Called "V8"**

The Blue Ridge Poison Center at University of Virginia Health would like to warn consumers about the dangers of a dietary supplement called V8, advertised as a natural testosterone booster. V8 pills are not regulated by the U.S. Food and Drug Administration (FDA) and contain numerous ingredients that could lead to adverse effects. The state of Virginia has received multiple reports of patients experiencing hypoglycemia (low blood glucose levels) after taking V8 pills. **These patients experienced life threatening symptoms requiring emergency care and in at least one case, prolonged hospitalization.** Anyone experiencing side effects after using V8 should seek emergency care immediately.

The Blue Ridge Poison Center is available 24/7 to answer questions and offer advice: 1-800-222-1222. They will be working with their local and state health agencies to track and manage these cases.



Image retrieved from:

<https://www.amazon.com/Testo-Muscle-BUILDER-Supplements-Testosterone/dp/B07FQDKD5D>