

Letter to editor / Editöre mektup**Manic episode with psychotic features induced by a herbalife production
(Herbalife ürünün tetiklediği psikotik özellikli manik atak)****Pınar GÜZEL ÖZDEMİR,¹ Osman ÖZDEMİR,² Mesut IŞIK³**

To the Editor,

The use of herbal medicines dates as back as to the 2100 B.C. in ancient China and India.¹ Many people consider that herbal medicines are natural and safe, and thus the use of them increase in the whole world day to day. However, they can have side effects, such as nausea, insomnia, diarrhea, skin rash, and anaphylactic reactions. It has been reported that 30-40% of the patients do not tell to the doctors that they are using herbal products.²

Herbalife products are a group of herbal medicine and distributed as drinks, tablets, capsules, herbal and dietary supplements, energy sticks for weight control and nutrition supplements via online marketing and independent sales agencies.³ A psychotic manic episode case related with the use of herbalife has been reported in the literature.⁴

We introduced a case who had manic symptoms 20 days after taking Herbalife weight control tablet in this report. Mr. A, is a 26-year-old, male, university graduate patient. The patient was admitted to emergency department by his relatives due to complaints including talking excessively and about religious, aggressiveness, insomnia but feeling no need for sleep, increase in the libido, new interest areas in such issues which had started 10 days ago. In the mental status examination, he seemed hyperactive, distractible attention, logorrhea in his speech, expressing

delusional thoughts of religious grandiosity, acceleration in association and flight of ideas and visual hallucinations. He had no previous psychiatric complaints, no substance use and no family history. However, he had started taking 2 tablets a day of herbalife weight control product (contains Vitamin C and green tea and mate leaves and similar selected herbal mixtures) ten days ago, and recommended it to his relatives. His symptoms started 10 days after herbalife using. The patient was diagnosed with bipolar disorder (with severe manic characteristics) due to the use of substances (medicines) and hospitalized. He received 25 points from the Young Mania Rating Scale. The treatment regimen was regulated as lithium 1200 mg/day, risperidone 4 mg/day and quetiapine 400 mg/day. He was discharged from the hospital after 28 days of hospitalization when he received 4 points from the Young Mani Rating Scale. He had weekly follow-up examinations, and for 2 months he had no complaints, and his latest treatment was regulated as lithium 1200 mg/day, risperidone 2 mg/day.

The fact that our case did not have personal and family history and substance/alcohol abuse, and the manic symptoms starting 10 days after taking the herbalife in the recommended dose. Consequently, this report showed that herbal products are not completely reliable and may cause serious psychiatric diseases.

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