FOR DIARRHOEA

1 tablet contains: Medicinal activated charcoal 0.25 g

Rapidly binds toxins to restore bowel function
RAPIDLY ADSORBS intestinal gas and toxins

VIRUSES, BACTERIA, GERMS as well as their metabolites

IN THE HUMAN DIGESTIVE TRACT and naturally removes contaminants
RAPIDLY BINDS TOXINS TO RESTORE BOWEL FUNCTION

POWER OF ADSORPTION

BARK WOOD

CARBONISATION

VEGETABLE CHARCOAL

PULVERISATION
FINELY PULVERISED

ACTIVATION
8 - 16 times greater effect of adsorption

4 - 8 times greater effect of adsorption

www.biocarbon.at
MAJOR INDICATIONS

- Diarrhoea
- Adjuvant in intestinal infections
- Symptomatic treatment of diarrhoea
- Accumulated gases in the digestive tract
- Flatulence
- Meteorism
DIARRHOE
VERY COMMON CLINICAL ILLNESS

- Defined as an abnormal frequency and liquidity of faecal discharges, having three or more loose or liquid bowel movements per day.

- Most common causes of acute diarrhoea are infectious agents viral and bacterial toxins, enterotoxin, cytotoxin.

- Common cause of death in developing countries and the second most common cause of infant deaths worldwide.

- The loss of fluids through diarrhoea can cause dehydration and electrolyte imbalances.

SYMPTOMATIC TREATMENT MAY INCLUDE

- Rehydration therapy and correction of malnutrition.

- Application of activated charcoal or titrated doses of codeine phosphate or loperamide, and occasionally both to control stool frequency.
DOSAGE

Unless otherwise prescribed by the doctor, the usual dose for adults, children from 2 years of age and adolescents is:

4 tablets 3 times per day.

swallowed without chewing, with plenty of water. (Disolving the tablets in water can be usefull for children.)

BIOCARBON should be used until action of the bowel is normal again.

You must talk to a doctor if you do not feel better after 3 days.
The formulation is based on well-established knowledge. The active ingredient activated charcoal is well known.

Main indications: symptomatic treatment of diarrhoea and other gastrointestinal disorders such as flatulence/flatus and meteorism.

BIOCARBON tablets are generally well tolerated. Higher dosage or long time administration may cause nausea and constipation requiring the administration of a laxative.

No adverse reaction reports for BIOCARBON tablets are received from worldwide reporting sources.
ATTENTION

CAN REDUCE THE EFFECT OF MEDICAMENTS THROUGH ITS HIGH ACTIVITY.

The use of medicinal activated charcoal may reduce the reliability of oral contraceptives/ovulation inhibitors so that it might be necessary to use an additional form of contraception after taking medicinal activated charcoal.

In case of the oral anti-diabetic drug chlorpropamide (drug against diabetes) as well as of heart active glycosides, resorption from the bowel is inhibited in the order of up to 90%. Therefore it is recommended to take these drugs 2 hours before taking BIOCARBON tablets or with a time lag of several hours.

Any other kind of medicine should be taken at least 1 hour before BIOCARBON tablets are taken.
BIOCARBON TABLETS - Approved Patient information leaflet (PIL)

Active substance: Activated charcoal (medicinal charcoal)

Read all of this leaflet carefully, because it contains important information for you. This medicine is available without prescription. However, you still need to take BIOCARBON carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must talk to a doctor, if you do not feel better or if you feel worse after 3 days.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:
1. What BIOCARBON is and what it is used for
2. Before you take BIOCARBON
3. How to take BIOCARBON
4. Possible side effects
5. How to store BIOCARBON
6. Further information

1. WHAT BIOCARBON IS AND WHAT IT IS USED FOR

BIOCARBON tablets contain high-quality activated charcoal which is produced by carbonisation of vegetable materials. Due to its large surface it is highly adsorbent. BIOCARBON tablets are used in case of diarrhoea, especially when travelling in countries with high hygiene risk. Medicinal charcoal is evacuated in a natural way together with the adsorbed toxic agents.

2. BEFORE YOU TAKE BIOCARBON

Do not take BIOCARBON:
- If you are hypersensitive (allergic) to medicinal charcoal or any of the other ingredients of BIOCARBON.
- In case of heavy constipation and suspected intestinal obstruction

Take special care with BIOCARBON:
- In case of disposition to gastrointestinal bleedings (in case of stomach ulcers, duodenal ulcers, inflammatory intestinal diseases). After using BIOCARBON tablets, the stool may be black coloured, a harmless phenomenon. Stool should be observed several days after having stopped taking BIOCARBON. If dark colouring of the stool persists, you should consult a doctor to exclude the possibility of gastrointestinal bleeding.
- If poisoning is suspected or if pain increases in the area of the stomach and the intestine as well as in case of feverish diarrhoea the doctor should be consulted immediately.

Other medicines and BIOCARBON:
Due to its highly adsorbent qualities, medicinal charcoal may reduce the effect of other pharmaceutical products. BIOCARBON should not be used together with drugs which induce vomiting, neither should the tablets be taken together with preparations against diarrhoea which contain tannins. In case of the oral anti-diabetic drug chlorpropamide (drug against diabetes) as well as of heart active glycosides, resorption from the bowel is inhibited in the order of up to 90 %. Therefore it is recommended to take these drugs 2 hours before taking BIOCARBON tablets or with a time lag of several hours.

The use of medicinal charcoal may reduce the reliability of oral contraceptives/ovulation inhibitors so that it might be necessary to use an additional form of contraception after taking medicinal charcoal. Any other kind of medicine should be taken at least 1 hour before BIOCARBON tablets are taken. Please tell you doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Pregnancy and breast-feeding:
BIOCARBON may be taken during pregnancy and breast-feeding.

Driving and using machines:
BIOCARBON tablets have no influence on the ability to drive and use machines.

3. HOW TO TAKE BIOCARBON

Treatment of diarrhoea:

Posology:

Method of administration:
The tablets can be taken chewed or unchewed with some liquid.

Duration of administration:
BIOCARBON should be used until action of the bowel is normal again. You must talk to a doctor if you do not feel better after 3 days.

If you take more BIOCARBON than you should Constipation might occur. This can be prevented by using laxatives.

If you forget to take BIOCARBON
Do not take a double dose to make up for a forgotten dose.

If you stop taking BIOCARBON
There is no cause for concern when stopping or discontinuing treatment. If you have any further questions on the use of this medicinal product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, BIOCARBON can cause side effects, although not everybody gets them. If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Undesirable effects are categorized by frequency as follows:

- Very common: ≥1/10
- Common: ≥1/100, <1/10
- Uncommon: ≥1/10000, <1/100
- Rare: ≥1/100000, <1/1000
- Very rare: <1/100000
- Not known: cannot be estimated from the available data

Gastrointestinal diseases:
In rare cases gastrointestinal troubles, such as constipation and vomiting, are observed. As activated charcoal is excreted unchanged, stool is black coloured after taking BIOCARBON tablets.

5. HOW TO STORE BIOCARBON

Store in the original package to protect the contents against light and humidity. Keep out of the reach and sight of children. Do not use the medicinal product after the expiry date “EXP” which is stated on the outer carton. The expiry date refers to the last day of that month.

6. OTHER INFORMATION

What BIOCARBON contains:
- The active substance is: activated charcoal (medicinal activated charcoal).
- One tablet contains 250 mg activated charcoal.
- The other ingredients are: maltodextrin, hydroxypropyl cellulose, povidone (K 25), iron oxide black (E172), magnesium stearate.

What BIOCARBON looks like and contents of the pack:
Round black tablets in PVC/PVDC/aluminium blister packs of 10, 20, 30, 50, 100, 500 and 1000 tablets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer:
F. TRENKA Chemisch-pharmazeutische Fabrik Ges.m.b.H., Goldeggasse 5 A - 1040 Vienna

Marketing Authorisation Number:
This leaflet was last approved in 03/2012

01/13-196500 - 10.01.2013
If you take more BIOCARBON® than you should, Constipation might occur. This can be prevented by using laxatives.

We recomend EUCARBON®, a well established and well known natural intestinal regulator.

➔ for a laxative effect take 4 - 6 tablets a day.

for more information please read the patient information leaflet, ask your doctor or pharmasist and visit www.eucarbon.at.
## Comparison

<table>
<thead>
<tr>
<th>Comparison</th>
<th>BIOCARBON®</th>
<th>EUCARBON®</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Forms of presentation</strong></td>
<td>Box of 20, 30, 50, 1000 tabs</td>
<td>Box of 10, 30, 50, 100, 500, 1000 tabs</td>
</tr>
<tr>
<td><strong>Comp. per dose</strong></td>
<td>Medicinal activated charcoal 0,25 g</td>
<td>Vegetable charcoal 0,180 g, Fol. Sennae 0,105 g, extr. Rhei 0,025 g, Sulfur depuratum 0,050 g, Aetherol. Mentae et Foeniculi</td>
</tr>
<tr>
<td><strong>Properties</strong></td>
<td>Adsorbs metabolites of pathogenic agents and chemical toxins, and germs proper making them harmless for the organism.</td>
<td>Stimulates the entire digestive system, has a mild laxative and spasmolytic effect and relieves gas pains.</td>
</tr>
<tr>
<td><strong>Indications</strong></td>
<td>Adjuvant in intestinal infections, diarrhoea, poisoning, esp. food poisoning</td>
<td>Sluggishness of the bowels, all forms of constipation, fermenting and putrefying processes in the intestines, meteorism, flatulence (elevated diaphragm), intestinal autointoxication, hemorrhoidal obstipation and anal fissures.</td>
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<tr>
<td><strong>Precautions and interactions</strong></td>
<td>If diarrhoea does not disappear within 1-3 days, a doctor has to be consulted. Due to the adsorptive property of charcoal, the absorption of other remedies may be diminished.</td>
<td>Overdoses of laxative may upset water and electrolyte balance, resulting e.g. in lessening the tolerance of digitalis compounds. If the physician does not object, it may also be taken during pregnancy.</td>
</tr>
<tr>
<td><strong>Side effects</strong></td>
<td>Not known.</td>
<td>If doses are properly adhered to, no side effects to be expected.</td>
</tr>
<tr>
<td><strong>Dosage</strong></td>
<td>Unless otherwise prescribed by the doctor, the usual dose for adults, children from 2 years of age and adolescents is: 4 tablets 3 times per day dissolved in water or swallowed without chewing on an empty stomach with some water.</td>
<td>Adults: as a mild laxative, digestive and carminative agent: 1 - 2 tablets at or after meals with some liquid. If a stronger effect is desired, the evening dose should be raised to 3 or 4 tablets. Children from 2 years onward: ½ - 1 tab at meals. For X-ray purposes: 6-8 tabs in order to cleanse the digestive tracts and completely remove gas.</td>
</tr>
<tr>
<td><strong>Stability</strong></td>
<td>5 years</td>
<td>5 years</td>
</tr>
</tbody>
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