

**Directions**

Before taking Activomin, please read these instructions carefully. They contain important information on what to do when using this medical product. If you have any questions, please consult your doctor or pharmacist.

**Ingredients**

1 capsule contains 400 mg natural humic acid.  
The capsule is made from cellulose.

**Additional Information**

No preservatives; no animal ingredients; free of gelatine, lactose, gluten, iodine and cholesterol; suitable for diabetics

**Packaging and Quantity**

Capsules  
Package with 60 capsules  
Package with 120 capsules

**Indication**

Activomin is a medical product used to improve your general state of health and well being by correcting stomach, intestinal and metabolic disorders.

**Producer**

Pharmawerk Weinböhla GmbH  
Phone: 035243-387-0  
Fax: 035243-387-28  
Internet: [www.pharmawerk-weinboehla.de](http://www.pharmawerk-weinboehla.de)

**Applications**

Activomin improves the general state of health by correcting stomach, intestinal and metabolic disorders caused by:

- Ingestion of harmful substances
- Diarrhoea (and it can be used as post-gastroenteritis treatment)
- Change of diet
- Nutritional deficiencies as well as symptoms of dietary deficiencies
- Weakened immune system

**Interaction with other medical substances**

Do not take Activomin within 2 hours after undergoing chemotherapy and or taking hormone preparations because their effectiveness may be negatively affected by humic acid's strong binding qualities.

**Precautions of use**

None

**Contraindication**

Hyper-sensitivity to humic acid

**Dosage, period and method of application**

The following instructions apply unless otherwise prescribed. Please follow the instructions to obtain optimal results from Activomin.

*How and when should you take Activomin?*

A capsule of Activomin should be taken during or after meals with water or tea.

*How often, how long and how many Activomin capsules should be taken?*

**During the acute stage of discomfort:**

For adults, 2 capsules taken 3 times daily during the first 10 days is recommended.

After that, 1 capsule taken 3 times daily for the following 20 days

For children from the age of 6 years, 1 capsule 3 three times daily during the first 10 days is recommended.

After that, 1 capsule taken once daily in the following 20 days

#### **Maintenance dose**

After a short waiting period to observe the body's reaction, treatment may be repeated and continued with individual doses. The dosage should be adapted to individual need in consultation with the therapist.

Recommended approximate values for adults lie between 3 capsules 2 times daily to 1 capsule once daily depending on the seriousness of the illness. The maintenance dose for children is shown to be 1 capsule once a day.

A package of 120 capsules is especially suited for maintenance dosage and long-term treatment.

#### **Overdoses and other errors in the use of Activomin**

*What should be done if Activomin is (intentionally or inadvertently) taken in large amounts?*

There are no known risks resulting from overdoses.

*What should be done when too little Activomin is taken or if a dose is missed?*

In that case take one capsule as soon as you think of it. After that, continue as usual.

#### **Side effects**

*What side effects may occur by taking Activomin and what measures, if necessary, are recommended?*

If you experience side effects that are not mentioned in the packaging information, please inform your doctor or pharmacist.

Until now no side effects are known when Activomin is used correctly.

#### **Indication and information on the shelf life of this medical product**

The expiry date is printed on the box. Do not use Activomin after the expiry date.

**Information last revised April 24, 2007**

**Keep Activomin away from children.**

## **Additional Information**

A person's quality of life is fundamentally impacted by the strains of daily life and the intake of nutrients, which largely depends on the functioning of the digestive system. A very wide gap lies between a state of good health and an illness of the gastro-intestinal regions with nervous repercussions on the general state of well-being. What is found useful between the two states is the purposeful use of a stimulative product favouring physical control of gastro-intestinal metabolic processes.

Natural products originating from humic materials are, therefore, particularly noted for their positive health-promoting qualities. The administration of humic acids in medicine is not new. Baths and packing containing humic acid has been used for many years in balneology. In daily life, human health is exposed to increasingly damaging environmental influences as a result of the burden of harmful environmental substances on our bodies, representing an ever more urgent health-endangering problem. Heavy metals such as cadmium, lead and mercury play a particularly large role, not to mention the burden on our bodies resulting from the residues of environmentally damaging pesticide.

Kidney and liver illnesses and impairment of the nervous system are, for example, consequences. General unwellness, constant physical and mental fatigue, sore limbs, exhaustion, increased predilection to infection as well as depression and sleep disturbances can be subscribed to these burdens.

Furthermore, often over a period of time, acute and chronic infectious illnesses impair the capacity to re-establish good health after effective treatment. Bacterial and viral illnesses, and increasingly, fungal infections may arise. Toxin-forming microbes, with often long-lasting negative side effects on the digestive metabolism, are significant here.

The human organism is of course capable to a certain extent of breaking down and removing these harmful substances. However, current environmental burdens frequently outstrip the self-purging capability of the modern human's body's self-defence system.

## **Mode of Operation**

Activomin contains humic acids exclusively as its natural ingredient. We encounter them everywhere in nature as by-products of organic substances. We find high concentrations of humic acids in specific types of soil and coal deposits. We consume humic acids in food products such as coffee, tea, specific beers, bread crust as well as fried meat without even knowing it.

### *The burden of harmful substances on the body*

When taken orally natural humic acids cover the mucous membranes of the stomach and intestines with a film and thereby hinder the attachment of foreign chemical and microbial substances. On one hand, the protective effect of humic acids can alleviate inflammatory processes in the mucosa membranes and, thereby bring about quicker healing. On the other hand, it prevents harmful substances from overflowing the bowels during the metabolic process. The binding quality of humic acids acts as a protection against heavy metals, fungal toxins, by-products of bacteria and viruses. Humic acids intercept these harmful substances and move them out before they can cause an illness. Even chronic illnesses such as rheumatic aches and pains can be positively influenced.

### *Diarrhoea and after-care of gastro-enteritic illnesses*

In cases of diarrhoeic illnesses caused by microbes, spoiled food or while travelling, as well as the side effects of certain medications, the binding of harmful substances to natural humic acids leads to direct removal through the stool and, therefore, to a distinctly milder course of the illness.

Based on the above-described effectiveness and indications, Activomin is particularly suited for the post-treatment of acute and chronic stages of gastro-enteritic illness, e.g., when, on reaching the maximum dosage or intake time, no more chemical medications can be administered. Among others, this affects post treatment care in cases of helicobacter pylori, positive and negative dyspepsia, diarrhoea after taking antibiotics for a long time, after stomach resection, choleystectomy, pancreatitis, irritable colon as well as to improve conditioning.

*Food changes, nutritional deficiencies and symptoms of dietary deficiencies*

Natural humic acids improve both the intake of micro-food substances and trace elements in cases of deficiency symptoms, food changes and dietary mistakes. Taking natural humic acids can directly counteract poor nutritional utilisation.

*Weakened bodily self-defense and strengthening the immune system*

Direct contact of humic acids with the special cells of the intestinal mucosa leads to an activation of the body's own defense mechanisms. The healing process can be accelerated and the immune system stabilized.

*Scientific Collaborators:*

Prof. Dr. med. habil. K. Bauch (Internal Medicine, Gastroenterology), Chemnitz

Prof. Dr. habil. M. Kühnert (Pharmacology, Toxicology), Leipzig

Prof. Dr. med. K. Wink (Internal Medicine, Cardiology), Freiburg/Breisgau