



ACTIVATED CHARCOAL CAPSULES

250 mg

DIN 02504723

RESEARCH INFORMATION

Feature summary

Bloating, feelings of fullness, and gas are common symptoms of indigestion that are uncomfortable and embarrassing. Natural Factors Activated Charcoal Capsules is a premium formula for alleviating the symptoms of excess gas. It is formulated for use after meals to relieve bloating, pressure, pain, fullness, and stuffed feeling due to gas.

Charcoal has been used in emergency medicine for hundreds of years and has more recently been recognized for a wider range of benefits. Activated charcoal is a highly porous form of charcoal that has a natural tendency for capturing toxins and other difficult-to-digest compounds. It passes through the gastrointestinal tract undigested, effectively binding to the gas produced during digestion and preventing it from causing uncomfortable gas.

Activated Charcoal Capsules are enclosed within a unique softgel casing, making them convenient and much easier to swallow than regular chalky formats. Each softgel contains 250 mg of premium activated charcoal to be used by adults and children aged 12 and older. It is ISURA® certified for purity and contains no GMOs. Activated Charcoal Capsules are a great choice for anyone who regularly experiences uncomfortable gas and bloating after meals and has difficulty eliminating gas-producing foods, such as cereal grains and dairy, from their diet.

How it works

Intestinal gas is produced by microorganisms within the digestive tract that help break down difficult-to-digest carbohydrates from beans, cereal grains, dairy products, and other foods. The gas produced as a by-product of digesting these foods contains hydrogen, methane, and carbon dioxide. When an increased volume of gas passes through the intestines, it can intensify intestinal contractions and cramping. Increased gas generated within the colon can increase the release of sulphur-smelling flatulence (GI Society, 2020).

Activated charcoal is a unique, carbon-rich material that is highly porous. The porous structure dramatically increases its surface area and its ability to trap other agents that it comes into contact with (Natural Standard, 2013). Activated charcoal is not absorbed by the body during digestion, but passes through the gastrointestinal tract unchanged (Silberman et al., 2020). When gas, toxins, and some food molecules within the gastrointestinal tract come into contact with activated charcoal, they bind to its surface. This allows trapped material to be excreted from the digestive tract without accumulating or being absorbed (Silberman et al., 2020).

In addition to its porous structure, the chemical composition of activated charcoal also contributes to its ability to adsorb, or attract, other material. Based on its molecular structure, activated charcoal is most effective at trapping material that is classified as nonpolar (has an evenly distributed electrical charge), such as the hydrogen, methane, and carbon dioxide gases produced during digestion (Silberman et al., 2020; GI Society, 2020).

Research

The average person generates 0.6–1.8 L of gas per day, mostly passed as flatus while sleeping (GI Society, 2020). Although gas is a natural part of the digestive process, it can lead to uncomfortable abdominal bloating, pressure, and pain in people who suffer from excess amounts. Such symptoms are often the result of excess gas produced by microorganisms in the colon as they break down the undigested carbohydrates that pass through the digestive tract (GI Society, 2020; Fardy & Sullivan, 1988). Carbohydrate molecules found in dairy, wheat, beans, and other grains are common culprits, as well as increased levels of microbial populations in the gut or changes in bowel motility due to stress or diet (Fardy & Sullivan, 1988; Jabar et al., 2020). Symptoms of excess gas may be relieved through dietary modification, but when this is not enough, digestive aids such as activated charcoal can help.

Activated charcoal is a well-recognized chemical adsorbent that can bind to chemical agents, including gas, within minutes of coming into contact with them. Activated charcoal has been used successfully in emergency medicine since the early 1800s to address cases of acute poisoning by helping to decontaminate the digestive tract from ingested toxins before they are absorbed into the bloodstream (Derlet & Albertson, 1986). It is now included in the World Health Organization’s model list of essential medicines (Zellner et al., 2019).

A clinical review of therapies for excess gas concluded that activated charcoal can be used to decrease the severity of gas symptoms, such as the number of flatus passed and the concentration of hydrogen present in people’s exhaled breath after they have consumed gas-producing foods (Fardy & Sullivan, 1988).

A prospective study found that a single dose of activated charcoal helped increase the effectiveness of abdominal ultrasound scans in patients by reducing the amount of gas present in their digestive tracts. A 57.2% improvement was observed in the quality of ultrasound images in overweight patients and a 39% improvement in normal weight patients who consumed one capsule of activated charcoal eight hours before their ultrasound. This improvement in the quality of ultrasound images was due to a reduced interference from gas (Jabar et al., 2020).

A double-blind clinical trial found that supplementation with activated charcoal significantly reduced breath hydrogen levels of participants living in and eating foods customary to the United States and India. Results indicated that activated charcoal helped to reduce the amount of gas produced within the participants’ colons after consuming lactulose. Activated charcoal was also found to reduce symptoms of bloating and abdominal cramps associated with excess gas (Jain et al., 1986).

Drug Facts

Active ingredient (in each capsule):

Activated charcoal 250 mg

Inactive ingredients: Beeswax, Coconut Oil, Gelatin, Glycerin, Lecithin, Purified Water.

Directions

Adults and children 12 years and over:

- Take 2–4 softgels after meals, as needed. May be repeated in 2 hours.
- Do not take more than 16 softgels in 24 hours.

Warnings

Do not use

- In children under 12 years of age except on the advice of a doctor.
- Within 2 hours of another medication as the effect of the other medication may be reduced.

Consult a health care practitioner or pharmacist before use if you are pregnant or breastfeeding. Stop use and consult a health care practitioner if symptoms reoccur or last more than 2 weeks. Keep out of the reach of children. In case of overdose, call a poison control centre or get medical help right away.

References

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