



**Do not be confused between the drug Bisoprolol which is banned on the FEI Banned Substance list 2017 and the naturally occurring Bisabolol which IS NOT a banned substance**

### **What it is: *Bisabolol***

Bisabolol (also known as levomenol, alpha bisabolol, and  $\alpha$ -bisabolol) Bisabolol is naturally present in German Chamomile (*Matricaria chamomilla* or *Matricaria recutita*), as well as the bark of the Candeia (*Vanillosmopsis erythropappa*) tree of Brazil, which is the primary global source of this ingredient. Recently, manufacturers have also begun crafting in a lab as a nature-identical ingredient in order to prevent deforestation of the rainforests in Brazil.

### **What it does:**

While the medicinal use of chamomile goes back thousands of years, bisabolol was only recently isolated from the plant in the twentieth century. Since then, studies have proven it to be an incredibly beneficial compound – especially when used in body care products like moisturizer, lotion, sunscreen, anti-aging treatment, eye cream, cosmetics, facial cleanser, and lipstick. Here's a sampling of its super powers:

- Acts as an anti-irritant, protecting the skin from everyday damage
- Stimulates and promotes the skin's healing process
- Improves the appearance of damaged skin by moisturizing and helping to restore suppleness
- signs of aging with antioxidant benefits
- Reduces incidence of UV-induced erythema (sunburn)
- Soothes irritation by acting as an analgesic and relaxant
- Helps fight bad bacteria and even some cancer cells

In addition to these amazing soothing and healing qualities, bisabolol also has a subtle floral scent and is sometimes used as a fragrance in personal care products.

### **Why we use it:**

In addition to its extremely multi-functional, healing and protective qualities, it's a completely natural, renewable resource. We love finding gifts from nature that are not only safe and effective, but are also easy to source and take relatively little effort to process into a raw ingredient for commercial use.

### **Why we're featuring it today:**

Not only did we want to share with you how amazing this ingredient is, we also wanted to point out two things to be aware of:

1. There have been a very small number of cases of contact dermatitis reported after using a product containing bisabolol. This has been shown to be more common in children with atopic dermatitis, so discuss any concerns with your healthcare provider and always be attentive to reactions whenever you use a new product.
2. Bisabolol increases the skin penetration of other cosmetic ingredients, which is fantastic in formulas that contain antioxidants and other beneficial ingredients – but bad if it's in a formula that also contains risky chemicals.

Still have questions about bisabolol? Let us know in the comments and we'll do our best to find you the answers you're looking for!

### *References:*

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### ***What is bisoprolol?***

Bisoprolol is a beta-blocker drug that affects the heart and circulation (blood flow through arteries and veins).

Bisoprolol is used to treat [hypertension](#) (high blood pressure).

Bisoprolol may also be used for purposes not listed in this medication guide.

### **Important information**

Do not skip doses or stop taking bisoprolol without first talking to your doctor. Stopping suddenly may make your condition worse or cause other serious heart problems.

If you need to have any type of surgery, tell the surgeon ahead of time that you are using this medicine.

**You should not use bisoprolol if you have a serious heart condition** such as "AV block," severe heart failure, or slow heartbeats that have caused you to faint.

Keep using bisoprolol as directed, even if you feel well. High blood pressure often has no symptoms. You may need to use blood pressure medication for the rest of your life.

### **Before taking this medicine**

**You should not use bisoprolol if you are allergic to it, or if you have a serious heart condition** such as:

- "AV block";
- severe heart failure; or
- slow heartbeats that have caused you to faint.

To make sure bisoprolol is safe for you, tell your doctor if you have:

- congestive heart failure or other heart problems;
- coronary artery disease (hardened arteries);
- circulation problems (such as Raynaud's syndrome);
- asthma, chronic obstructive pulmonary disease (COPD), or other breathing disorder;
- diabetes (taking bisoprolol can make it harder for you to tell when you have low blood sugar);
- liver or kidney disease;
- a thyroid disorder; or
- a history of allergies.

It is not known whether bisoprolol is harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant.

It is not known whether bisoprolol passes into breast milk or if it could harm a nursing baby. Tell your doctor if you are breast-feeding a baby.

Bisoprolol is not approved for use by anyone younger than 18 years old.

### **Bisoprolol side effects**

Get emergency medical help if you have **signs of an allergic reaction to bisoprolol**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- shortness of breath (even with mild exertion), swelling, rapid weight gain;
- slow heart rate;
- pounding heartbeats or fluttering in your chest;
- numbness, tingling, or cold feeling in your hands or feet;
- a light-headed feeling, like you might pass out;
- eye pain, vision problems; or
- bronchospasm (wheezing, chest tightness, trouble breathing).

Common bisoprolol side effects may include:

- headache;
- feeling tired;
- sleep problems (insomnia);
- joint pain;
- swelling; or
- cold symptoms such as stuffy nose, runny nose, cough, sore throat.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**See also:** [Side effects \(in more detail\)](#)

### **Bisoprolol dosing information**

#### **Usual Adult Dose for Hypertension:**

Initial dose: 5 mg orally once a day

Dose Titration: If desired response is not achieved, may increase the dose to 10 mg, then 20 mg if necessary

Maximum dose: 20 mg per day

Comments:

-Dosage should be individualized to the patient; some patients may benefit from a starting dose of 2.5 mg once a day.

-In clinical trials, blood pressure lowering effects were seen at 1 week and changed little thereafter.

Use: Management of hypertension, alone or with other antihypertensive agents

**What other drugs will affect bisoprolol?**

Tell your doctor about all your current medicines and any you start or stop using, especially:

- insulin or oral diabetes medicine;
- rifampin; or
- heart or blood pressure medicine--clonidine, digitalis, digoxin, diltiazem, reserpine, or verapamil.

This list is not complete. Other drugs may interact with bisoprolol, including prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible interactions are listed in this medication guide.

For further information about banned substances please contact our office  
[enq@hiform.com.au](mailto:enq@hiform.com.au) or phone 03 97756422