

# Adaptol® (Mebicar) instructions

translated from original Russian instructions by Extrapharmacy Online Store

<http://extrapharmacy.ru>

**Name in Cyrillic :** АДАПТОЛ

**Active substance :** Tetramethyltetraazabicyclooctandione

**Pharmacologic effect :** anxiolytic

## **Pharmacodynamics:**

The active substance of Adaptol is Tetramethyltetraazabicyclooctandione which has chemical structure close to the natural metabolites of an organism - its molecule consists of two fragments of methylated urea, a part of a bicyclic structure.

Adaptol effects on the activity of structures within the limbic-reticular complex, in particular emotigenic hypothalamus area, and has an effect on all 4 major neurotransmitter systems - GABA, cholinergic, serotonergic and adrenergic, helping them balance and integration, but not renders peripheral adrenoceptor blocking action. It eliminates or reduces anxiety, fear, internal emotional pressure and irritability. The calming effect is not accompanied by muscle relaxation and impaired motor coordination. It does not reduce the mental and motor activity, so Adaptol can be used during the work day or at school. It does not create an elevated mood, feelings of euphoria. Hypnotic effect does not possess, but enhances the effect of hypnotics and normalize sleeping during it's violations. Adaptol eases or relieves nicotine withdrawal symptoms.

Also it provides nootropic effect. Adaptol improves cognitive function, attention and mental performance, symptoms without stimulating the productive psychopathological disorders - delirium, abnormal emotional activity.

## **Pharmacokinetics:**

Adaptol is well (77-80%) absorbed from the gastrointestinal tract, by up to 40% of the dose is bound by red blood cells. Rest does not bind to plasma proteins and is in a free state in the plasma, so the active ingredient is distributed throughout the body smoothly and freely overcomes cell membranes. Cmax of active ingredient in the blood is reached after 0.5 hours after administration and a high level is maintained for 3-4 hours, then gradually decreases. 55-70% of the dose excreted in the urine and the rest - with the feces as unchanged during the day.

Tetramethyltetraazabicyclooctandione is not metabolized and does not accumulate in the body.

## **Indications :**

neuroses and neurosis-like state (irritability, emotional instability, anxiety, fear);

improving the portability of neuroleptics and tranquilizers in order to eliminate neurological side effects caused by them.

cardialgia various origins (not associated with coronary heart disease);

nicotine abstinence (in the complex therapy to reduce the craving for smoking tobacco).

## **Contraindications**

hypersensitivity to the drug;

pregnancy;

lactation.

## **Side effects**

Rarely - dizziness, drop in blood pressure, diarrhea disorders, allergic reactions (skin rashes, itching)

after taking high doses: bronchospasm, decrease in body temperature, weakness.

By lowering blood pressure and / or body temperature (body temperature may drop by 1-1,5 ° C) the taking of the drug should not be stopped. Blood pressure and body temperature return to normal on their own. In the event of allergic reactions, use of the drug should be discontinued.

## **Interaction**

Adaptol can be combined with antipsychotics, tranquilizers (including benzodiazepines), hypnotics, antidepressants and psychostimulants.

**Dosing and Administration**

Adaptol is taken orally, regardless of the meal, 500 mg 2-3 times a day. The maximum single dose is 3 grams, maximum daily dose is 10 g. Duration of treatment - from several days to 2-3 months.

In the comprehensive treatment as a means of reducing the craving for tobacco smoking, - the dose should be 500-1000 mg three times a day for 5-6 weeks.

**Overdose**

The toxicity of Adaptol is very low. The typical clinical picture of overdose does not exist. Manifestations of severe poisoning are not known. The following symptoms may occur: weakness, hypotension, dizziness.

**Special instructions**

Adaptol does not cause addiction or withdrawal symptoms.

The drug can cause a drop in blood pressure and weakness, which may adversely affect the ability to drive and maintain mechanisms. Caution must be exercised.

**Manufacturer**

Olainfarm, Latvia

**Reliable supplier with fast Worldwide shipping**

Extrapharmacy Online Store

<http://extrapharmacy.ru>

**Storage**

The temperature is not above 25 ° C.

Keep out of the reach of children.

Shelf-life of the drug is 4 years.