

# Selank 0.15% nasal drops instructions

*translated from original Russian instructions by Extrapharmacy Online Store*

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**Name in Cyrillic :** СЕЛАНК

**Active substance :** threonyl-lysyl-prolyl-arginyl-glycyl-prolyl-proline diacetate

**Pharmacologic effect :** antianxiety drug (tranquilizer)

Selank nasal drops 1% is the original synthetic peptide preparation, which is an analogue of adrenocorticotrophic hormone fragment (AKTG4-10) (Methionyl-glutamyl-histidyl-phenylalanyl-prolyl-glycyl-proline), completely devoid of hormonal activity. All amino acids are L-shaped.

## **Pharmacodynamics:**

Selank is a synthetic analogue of the endogenous peptide tafttsyn. It has neurospecific original mechanism of action on the central nervous system and binds to specific receptors on the membranes of nerve cells.

It has impact on the exchange of monoamines in the emotional structures of the brain (hypothalamus, diencephalon, the neocortex) and the activity of the brain enzyme tyrosine and tryptophan hydroxylase. It shows tropism to serotonergic system, normalizing the level of brain serotonin in the experimental conditions caused its decline. Selank stabilizes the processes of excitation and inhibition in the brain and increases the resistance of neurons in the cerebral cortex to the functional load of high intensity.

The pharmacological action of the drug is mainly anxiolytic (anti-anxiety) by stimulating (activating) component. Selank does not have hypnosedative and muscle relaxant properties. It effects positively on the mnemonic and cognitive functions of the brain, including in their violation. Selank activates the processes of learning, memory, analysis and reproduction of information, improves parameters of attention and short-term memory. Improves stability and motivational value of adaptive behavior. Selank has wegetotropona effect, improves vegetative maintenance of activity in conditions of emotional stress has an impact on optimizing adaptive reserve of the body. Selank reveals no unwanted side and toxic effects at 200-300-fold increasing doses compared to ED50. He has not any embryotoxic, teratogenic, allergenic, local irritating action does not detect the mutagenic properties. Selank is not addictive.

## **Pharmacokinetics:**

Absolute bioavailability of Selank when administered intranasally is 92.8%. The drug is rapidly absorbed from the nasal mucosa and after 30 seconds is detected in blood plasma. Concentration in plasma decreases progressively during 5-5.5 minutes. Any metabolites is not detected. It penetrates into the brain tissue. The drug is rapidly distributed to organs and tissues, it is found in unchanged form in a well-vascularized organs (liver, kidney, heart). The daily urine is not determined by any of unchanged drug or metabolites, that is caused by the rapid degradation of Selank under the influence of tissue peptidase.

## **Indications :**

Selank is used in adults with anxiety and anxiety-asthenic disorders, appropriate diagnostic criteria for generalized anxiety disorder, neurasthenia, adaptation disorders.

## **Contraindications**

Pregnancy, lactation. Individual intolerance to the drug

**Side effects:** allergic reactions are possible if you are hypersensitive.

## **Interaction :**

Selank doesn't influence on the effects of drugs oppressive and stimulating the central nervous system - gapoperidol, pentobarbital, hexobarbital, analeptics.

## **Dosing and Administration :**

Selank is taken intranasally.

The volume of one drop is 0.05 ml (50 mcl). One drop of the standard solution contains 75 mcg of active substance. Drop the drug in the nostrils in a sitting position with head thrown back a little, and then for a short time, pinch each nostril by fingers. Suction efficiency may be reduced in the presence of increased excretions of the nasal mucous membrane. At one time take not more than 2-3 drops into each nostril, that is from 300 mcg (4 drops - 0.2 ml) to 450 mcg (6

drops - 0.3 mL). To increase the single dose - reintroduce the drug in 15 minutes. The optimal single dose is from 300-900 mcg (4-12 drops) to 900-2700 mcg (12-36 drops) daily, distributed into 3 doses during the day. The duration of a course of the drug is 10-14 days. If necessary, treatment can be repeated after 1-3 weeks.

**Manufacturer** Peptogen, Moscow, Russia

**Reliable supplier with fast Worldwide shipping**

Extrapharmacy Online Store

<http://extrapharmacy.ru>

**Storage**

Store in refrigerator, dark place, the temperature is 8-10° C, don't froze. Keep out of the reach of children.

Shelf-life of the drug is 2 years.