

# Selank®

**International Non-Proprietary Name (INN):** none

**Dosage Form:** nasal drops 0,15% (3 ml)

**Structure:**

Active substance: Selank (threonyl-lysyl-prolyl-arginyl-prolyl-glycyl-proline-diacetate) – 1.6 mg.

Excipients: nipagin 1 mg, purified water up to 1 ml.

**Description:** colorless transparent liquid in 3 ml dropper bottle

**Pharmacological classification:** anxiolytic (tranquilizer)

**ATC code:** N06BX

**Pharmacological action:** antianxiety, antiasthenic, nootropic

**Pharmacodynamics:**

Selank is a synthesized analog of the endogenous peptide Taftcin. The drug has an original mechanism of neurospecific action on the central nervous system.

Selank has antianxiety, antidepressant and antiasthenic effects. It removes symptoms of anxiety, fear, apathy, depression and asthenia.

Selank has a positive effect on cognitive functions, it improves memory, speech, increases attention, activates learning processes, in particular, remembering, analyzing and reproducing information. The drug normalizes psychomotor reactions.

Selank removes the emotional strain, stress and stimulates the development of adaptive behavior.

**Pharmacokinetics:**

Selank is administered intranasally (nasal drops). Absolute bioavailability of the drug is 92.8%. The drug is quickly absorbed

from the nasal mucosa and already after 30 seconds is detected in the blood plasma; then the substance is quickly distributed to various organs and tissues (including brain tissue). Concentration of the drug in the blood plasma progressively decreases within 5-5.5 minutes. Neither unchanged drug nor metabolites cannot be found in the urine due to the fast degradation of Selank under the influence of tissue peptidases.

**Intended uses:**

Unmotivated anxiety, panic attacks, neurasthenia, asthenia, mood swings, sleep disorders, reduced will and activity, uncertainty, hesitation, difficulties in decision making, self-doubt, lack of confidence in communication, adaptation disorders as well as prevention and treatment of stress disorders.

**Contraindications:**

Individual drug intolerance, age below 18 years (effectiveness and safety have not been studied), pregnancy and lactation.

**Dosage and administration:**

Selank is applied intranasally in sitting position with a slightly tossed head. After application clamp each nostril with a finger for a short while. Increased secretions of the nasal mucosa can reduce the effectiveness of absorption, therefore it is recommended to clean the nasal passage before application of the drug. Drops should be instilled strictly on the nasal mucosa: do not allow leaking into the nasopharynx.

The dosage is 2-3 drops in each nasal passage 3 times a day for 10-14 days. If necessary, the treatment course can be repeated in 1-3 weeks (consult your doctor).

**Side effects:**

Increasingly sensitive perception of the odor and taste can cause to some unpleasant gustatory sensation, if the solution gets from the nasal cavity to the pharyngeal mucous membrane. Rare individual intolerance can cause allergic reactions.

If any of the abovementioned side effects get worse or you notice any other side effects, tell your doctor.

**Overdose:**

No cases of overdose have been registered.

**Interaction with other drugs:**

Selank has no influence on the effects of drugs that depress or stimulate the central nervous system, including haloperidol, pentobarbital, hexobarbital and analeptics.

Selank can be combined with any psychoactive and neuroactive therapy.

Selank is safe when used together with ethanol-containing products.

If you are taking other medications (including over-the-counter drugs), consult your doctor before using Selank.

**Special instructions:**

Selank does not cause drug dependence and addiction.

**Pregnancy and lactation:**

The safety of the drug during pregnancy was not established. Therefore do not use Mildronate during pregnancy.

If you need to use the drug during lactation, breastfeeding should be discontinued.

**Influence on the ability to drive vehicles and operate machines:**

Selank does not affect the ability to drive vehicles and operate machines.

**Terms of release from pharmacy:** without prescription

**Storage conditions:**

Store at temperatures not exceeding 10°C, do not freeze, protect from light. An opened dropper bottle should be stored no longer than 15 days. Keep in a safe place out of reach of children.

**Shelf life:** 2 years. Do not use beyond the expiration date printed on the package.

**Country of manufacture:** Russia