# SELANK®
# NASAL DROPS

## Registration number:
LRS-003338/09

## Trade name:
Selank®

## Chemical name:
Threonyl-lysyl-prolyl-arginyl-prolyl-glycyl-proline diacetate

## Dosage form:
Nasal drops

## Composition:
Per 1 ml: *Active ingredient:* Selank® calculated as 100% substance (threonyl-lysyl-prolyl-arginyl-prolyl-glycyl-proline diacetate) - 1.5 mg
*Excipients:* Methylparahydroxybenzoate (nipagin) - 1 mg, purified water up to 1 ml Description: colorless transparent liquid

## Pharmacotherapeutic group:
Anxiolytic agent (tranquilizer)

## ATC Code:
N05BX

## Pharmacological action:

**Pharmacodynamics**
Selank® is a synthesized analog of the endogenous peptide taftsin, possessing an original mechanism of neurospecific action on the central nervous system.
Selank® has anxiolytic action with antidepressant effect and anti-asthenic action.
It relieves symptoms of anxiety, worry, fear, apathy, depression, and asthenia.
Has a positive effect on cognitive functions, improves memory, speech, increases attention, activates learning processes, particularly memorization, analysis, and reproduction of information. Normalizes psychomotor reactions.
Under stress, Selank® eliminates emotional-negative tension and stimulates adaptive behavior aimed at achieving beneficial results.

**Pharmacokinetics**
Selank® is administered intranasally (nose drops). The absolute bioavailability of Selank® when administered to the nasal mucosa is 92.8%. The drug is rapidly absorbed from the nasal mucosa and is detected in blood plasma within 30 seconds, then quickly distributes to various organs and tissues. It penetrates brain tissue. Plasma concentration progressively decreases within 5-5.5 minutes. Neither unchanged drug nor metabolites are detected in 24-hour urine due to rapid degradation of Selank® under the influence of tissue peptidases.

## Indications:
- Anxiety states:
- Unmotivated anxiety, worry
- Panic attacks
- Neurasthenia
- Asthenia
- Mood instability
- Sleep disorders
- Decreased willpower, initiative, indecisiveness, difficulty making decisions, self-doubt
- Lack of confidence in communication
- Adaptation disorders
- Prevention and treatment of stress disorders

## Contraindications:
- Individual intolerance to the drug
- Pregnancy, breastfeeding period (efficacy and safety studies have not been conducted)
- Children under 18 years (efficacy and safety studies have not been conducted)

## Use during pregnancy and breastfeeding:
**Pregnancy:** Since controlled studies of Selank® use in pregnant women

have not been conducted, it should not be used during pregnancy.
**Breastfeeding period:** If treatment with the drug is necessary during lactation, breastfeeding should be discontinued.

## Method of administration and dosage:

Selank® is administered intranasally using a bottle sealed with either a plastic screw cap or a dropper cap.
If the bottle is sealed with a plastic screw cap, remove it at first use and replace with the provided dropper with cap. Draw the drug into the dropper.
Express the required number of drops onto the clean nasal mucosa, then pinch the nostril briefly.
If the bottle is sealed with a dropper cap, carefully cut the tip of the dropper, close tightly with the cap. Before use, invert the bottle so the liquid fills the entire dropper space. Remove the cap. Express the required number of drops onto the clean nasal mucosa, then pinch the nostril briefly.
Administer the drug in a sitting position with the head tilted slightly back or to the side, then briefly pinch each nostril. Absorption efficiency may decrease if there is increased nasal mucus secretion, so it is recommended to clear the nasal passage before administration (dropping).
**Dose:** 2 drops in each nostril 3 times daily.
**Course duration** is 14 days. If necessary, the treatment course may be repeated after 1-3 weeks, following consultation with a physician.
*Use the drug only according to the method of administration and doses specified in the instructions. If necessary, please consult a physician before using the medication.*

## Side effects:

In cases of increased sensitivity to smell and taste, unpleasant taste sensations may occur when the drug passes from the nasal cavity to the pharyngeal mucosa. Allergic reactions are possible with individual intolerance.
*If any side effects mentioned in the instructions worsen, or you notice any other side effects not listed in the instructions, inform your physician.*

## Overdose:

No cases of overdose have been reported with Selank® use.

## Drug interactions:

Selank® does not affect the effects of drugs that depress or stimulate the central nervous system - haloperidol, pentobarbital, hexobarbital, analeptics. Selank® can be combined with any psycho- and neuroactive therapy.
Selank® is safe when used concurrently with ethanol-containing agents.
*If you are taking other medications (including over-the-counter ones), consult a physician before using Selank®.*

## Special instructions:

Selank® does not cause drug dependence or habituation.

## Effect on ability to drive vehicles and operate machinery:

Does not affect the ability to drive vehicles or operate machinery.

## Presentation:

Nasal drops, 3 ml in a glass bottle sealed with either a plastic dropper-stopper or a plastic screw cap with an accompanying dropper with cap. Each bottle with instructions for use is packed in a cardboard box.

## Storage conditions:

Store in a light-protected place at temperature not exceeding 10°C. Do not freeze. Once opened, store at temperature not exceeding 25°C for no more than 15 days. Keep out of reach of children.

## Shelf life:

2 years. Do not use after expiration date.

## Supply conditions:

Available over-the-counter.

## Manufacturer:

Name and address of manufacturer: JSC "Innovative Scientific-Production Center "Peptogen" (JSC "ISPC "Peptogen")

These instructions translated from official manufacturer instructions in Russian by Extrapharma online pharmacy