

# PRODUCT DATA SHEET

Life Force International's **Activated Charcoal** works to absorb and neutralize toxins within the body. When Activated Charcoal is ingested, it is not absorbed into the blood stream, but remains in the gastrointestinal (GI) tract traveling through the entire GI tract absorbing and carrying out many undesirable elements by natural elimination. Activated Charcoal is made by super heating coconut shells at a very high temperature. This technique causes the pieces to explode, somewhat like popcorn, creating a tremendous increase in "surface area." The partially burned shells are then granulated into finer particles, which further increases its surface area and consequently, its absorption capabilities. This botanical form of carbon is non-carcinogenic, is safe for human consumption when taken as directed, and qualifies as vegan (100% vegetarian).<sup>1</sup> In general, charcoal is universally recognized as one of the finest absorptive agents,<sup>2</sup> and as an antidote when poison was swallowed.

## Ingredients:

Charcoal (Coconut Shells)

## Potential Benefits:

Charcoal is universally recognized as one of the finest absorptive agent and can be the source of many benefits:

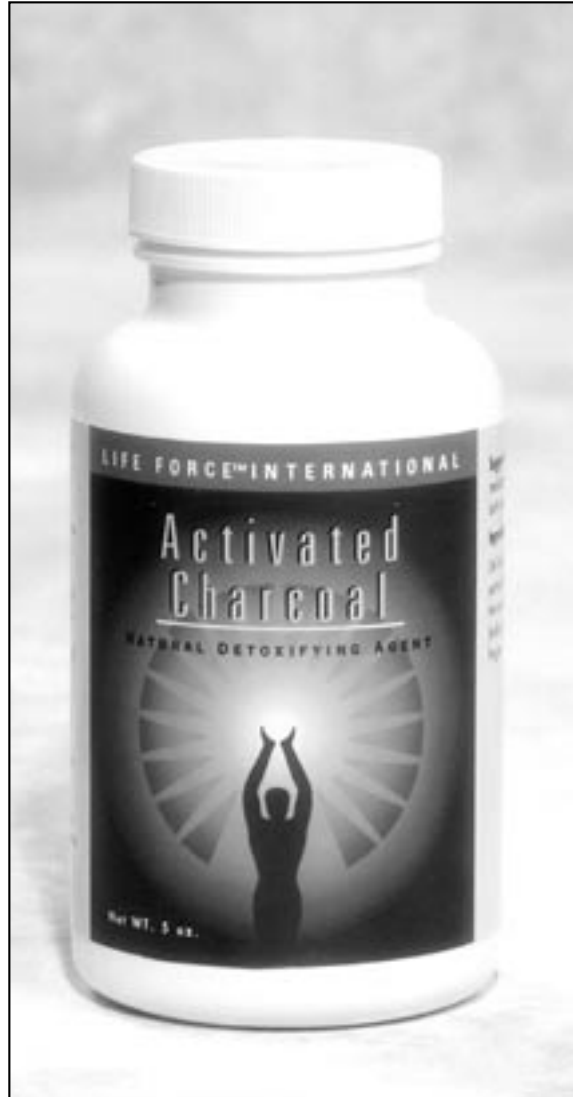
- Charcoal has the amazing ability to extract and neutralize many more times its own weight in gases, toxins, and chemicals.<sup>3</sup>
- Many people consider it a necessary part of an emergency kit for the home, and is used by doctors and hospitals all over the world.<sup>4,5</sup>
- Charcoal is also recognized as a natural deodorant.<sup>6</sup>

## Suggested Use:

*Stand-Alone Use* – Take 1 level teaspoon (or more as desired) twice per day (morning and evening) with 8 ounces of water, (or mixed with yogurt). Many prefer to drink it through a straw, as it tends to settle at the bottom.

Note: Do not use with time-released medications.

*As Part of the Colon Cleanse Program* – Activated Charcoal is an integral part of our three-product Colon Cleanse Program, which also includes Intestinal Tone and Herbal Tabs. Please follow the Colon Cleanse Program instructions for Activated Charcoal use when taken as part of this program.



**ACTIVATED CHARCOAL**

PRODUCT SPECIFICATIONS	
PRODUCT NUMBER	LF112
DESCRIPTION	30-day supply
QUANTITY	5 ounces/142g

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*As Part of the Regeneration Program* – Activated Charcoal is an integral part of our five-product Regeneration Program, which also includes Body Balance, Intestinal Tone, Herbal Tabs and Taheebo. Please follow the Regeneration Program instructions for Activated Charcoal use when taken as part of this program.

### **Servings:**

Activated Charcoal is packaged in 5-oz container, which will yield 60 servings at 1 level teaspoon per serving. When using 2 servings daily, Activated Charcoal is a 30-day supply.

### **Caution:**

Keep out of reach of children.

Do not use if taking time-released medications.

If taking other forms of medications, Activated Charcoal should not be used within 3 hours of taking the medication.

### **Shelf Life and Storage:**

Once opened, Activated Charcoal has a shelf life of 1 year. If unopened, it has a shelf life of 2 years. It is not necessary to refrigerate. Store at room temperature.

\*These statements have not been evaluated by the Food and Drug Administration. The product not intended to diagnose, treat, cure or prevent any disease.

### **References:**

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

- 1) Comparison of nutshell granular activated carbons to commercial adsorbents for the purge-and-trap gas chromatographic analysis of volatile organic compounds. Wartelle, L.H., Marshall, W.E., Toles, C.A., Johns, M.M. *J Chromatogr A*. 2000 May 26;879(2):169-75. PMID: 10893033
- 2) Advantage of high-surface-area charcoal for gastrointestinal decontamination in a human acetaminophen ingestion model. Roberts, J.R., Gracely, E.J., Schoffstall, J.M. *Acad Emerg Med* 1997 Mar 4;3 167-74
- 3) Effect of charcoal-drug ratio on antidotal efficacy of oral activated charcoal in man. Olkkola, K.T. *Br J Clin Pharmacol* 1985 Jun 19;6 767-73
- 4) The new black magic: activated charcoal and new therapeutic uses. Katona, B.G., Siegel, E.G., Cluxton, Jr., R.J. *J Emerg Med* 1987 5:1 9-18
- 5) Lipid hemodialysis versus charcoal hemoperfusion in imipramine poisoning. Asbach, H.W., Holz, F., Mohring, K., Schuler, H.W., *Clin Toxicol*. 1977 Sep;11(2):211-9. PMID: 560937
- 6) Properties of thirteen kinds of adsorbents for removal of hydrogen sulfide, methanethiol, methyl sulfide, trimethylamine, and ammonia. Miyoshi T, Tanada S, Boki K. *Sangyo Igaku*. 1977 Jan;19(1): 2-7. PMID: 199769

*For Use in the US Market Only*

ACTIVATED CHARCAOAL

