

Activated Charcoal Powder

vegan • paraben-free • palm-free • gluten-free

*HB*Naturals
PRODUCT INFORMATION PAGE



ingredients

Activated charcoal

directions

- For external use only. Dissolve 2 teaspoons in warm water for bath or foot soak. Essential oils may be added if so desired. Store in a cool, dry place.*

responsible cautions

- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- Keep out of reach of children and pets.
- May cause eye and respiratory irritation.
- Avoid breathing dust.
- Keep away from heat, sparks, and open flames.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

Both charcoal and activated charcoal are derived from carbon and are obtained by burning organic carbon material at very high temperatures.*

Charcoal is not a naturally occurring substance and is therefore categorized as a man-made product. It is obtained by burning wood or other organic materials at high temperatures in the absence of oxygen.*

Activated charcoal, also a man-made product, is obtained from burning carbon-rich materials like wood, coconut, sawdust, peat, or charcoal itself at very high temperatures. The charcoal powder is then burned with additional substances like chloride salts.*

Activated charcoal has a greater overall surface area, making it more porous and thereby increasing its effectiveness in filtering and adsorbing toxins in air and water. Because of this ability, activated charcoal has a variety of uses within diverse medical communities.*

Activated charcoal has been used as an antidote to many poisons and overdoses. It has been used for kidney problems, skin diseases, intestinal gas, overdoses, and even whitening teeth as well. While its toxin-adsorbing properties have a wide range of medicinal and cosmetic uses, there is not yet sufficient conclusive, large-scale research to scientifically establish the myriad benefits of activated charcoal.*

Activated charcoal is especially helpful with detoxing the body when used in balneotherapy foot soaks as the feet are truly one of the main centers of the body. Many diseases and ailments appear on the feet before anywhere else, and many people believe the body can be healed through the feet. Examples of that would include foot reflexology and the ancient practice of applying onion slices to the feet to treat a cold or the flu.*

When used in baths, foot soaks or "mud" masks, activated charcoal can draw impurities from the body and skin, moisturize skin cells, stimulate lymphatic flow and circulation, tighten pores, treat acne, heal bug bites and cuts, and balance oily skin. Activated charcoal is also great for absorbing odors, which makes it perfect for helping feet smell clean and fresh.*