

Death following use of the substance tianeptine



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The Icelandic Food and Veterinary Authority and the Icelandic Medicines Agency warn of the consumption of tianeptine and other substances sold on the Internet under the name of Nootropics. Many of them are medicine because of their activity. Nootropics are substances that are said to stimulate the brain function and are available in online sales from abroad. They contain, in some cases, medicinal substances that may be hazardous to health if used without consultation with a physician. It is believed that a person has recently died in Iceland due to oral consumption of tianeptine.

The substance tianeptine sulphate was found in the individual's body and doctors believe it may have caused his death. Details of the incident cannot be provided. It is not fully understood whether the substance taken by the individual and containing tianeptine has been imported as a drug (medicine) or as a food supplement. It is also unclear whether the person has imported this substance himself and how long he has used it. Tianeptine is a medicine used to treat depression. Tianeptine does not have a marketing authorization in Iceland and therefore no drugs for sale in Iceland that contain that substance. It does, however, have a marketing authorization in some parts of Europe, Asia and South America.

A simple online search reveals that tianeptine is easily accessible through online stores. This way, it can be bought from Europe, the United States and other countries. Usually tianeptine is not sold as a drug but is marketed as a Food supplement. Tianeptine also appears to be marketed without a description of whether it is a drug or a food supplement. However, different rules apply in different countries as to whether substances are defined as supplements or medicines. The requirements to produce food supplements however is not as high as is the case with medicines. Therefore, caution should always be exercised when purchasing and using substances, especially if purchased through foreign online stores.

The Icelandic Food and Veterinary Authority and the Icelandic Medicines Agency warn against the use of products containing tianeptine, especially if the substance is not used for the purpose originally intended, ie. as a medicine for depression in doses according to doctor. Incorrect drug intake can cause side effects and, at worst, death. Therefore, it is important to always consult your physician before using prescription drugs and follow the instructions provided with bulk medicines.

The Icelandic Food and Veterinary Authority handles import control of food supplements and has stopped the import of several substances marketed under the name Nootropics and containing the substance tianeptine. Nootropics are a diverse group of substances with different chemical substances. Their imports as food supplements are unauthorized if they contain pharmaceutical substances.