

## **Bowel Transit Time (BTT) Using Charcoal Tablets**

Activated charcoal is a safe, highly effective absorbent for the digestive system. One to two tablets will absorb gas, mucus and toxins from the intestines. Ten tablets (five for children) will be absorbed into your food, typically appearing as gray or black in your stool, allowing to determine how long it takes food to completely pass through your digestive system.

### **The Procedure**

- 1) Consume all 10 tablets at the same time. They may be chewed or swallowed whole, with food or between meals.
- 2) Record the day and time of consuming the charcoal.
- 3) Record the day and time of all bowel movements after consuming the charcoal. Note in this record the color of your bowel movements and continue this record of bowel movements until they return to a normal color of brown.
- 4) The BTT is the time from consumption until first show through final show of gray, black or occasionally dark green color.

Example: If you consume the charcoal at 9 pm on Friday, observe gray in the stool on Sunday at 9 am and see the last show at Monday at 9 am, then the BTT is 36-60 hours.