developed skin discoloration; some also had systemic symptoms including hepatotoxicity, cardiomyopathy, amnesia, and incoherent speech.

For argyria after prolonged use of nasal drops containing silver protein see under Silver, above.

1. Mirsattari SM, *et al*. Myoclonic status epilepticus following repeated oral ingestion of colloidal silver. *Neurology* 2004; **62:** 1408–10.
2. Adverse Drug Reactions Advisory Committee (ADRAC). Dangers associated with chronic ingestion of colloidal silver. *Aust Adverse Drug React Bull* 2007; **26:** 19. Also available at: http://www.tga.gov.au/adr/aadrb/aadr0710.pdf (accessed 24/06/08)

Preparations

Proprietary Preparations (details are given in Part 3)
Braz.: Argirol; ***Fr.:*** Stillargol; ***Ger.:*** Rhinoguttae Argenti diacetylotannici proteinici; Rhinoguttae pro Infantibus N.

Multi-ingredient: ***Austria:*** Coldargan; ***Belg.:*** Argyrophedrine; ***Ger.:*** Gastrarctin N; ***Hung.:*** Coldargan; ***Ital.:*** Argirofedrina†; Argisone; Argotone; Arscolloid; Bio-Arscolloid; Corti-Arscolloid; Rinantipiol†; Rinofomentil†; ***Port.:*** Naso-Calma†.

Sincalide *(BAN, USAN, rINN)*

CCK-OP; Sincalida; Sincalidum; Sinkalid; Sinkalidi; SQ-19844. De-1-(5-oxo-L-proline)-de-2-L-glutamine-5-methionine-caerulein.

Синкалид

$C_{49}H_{62}N_{10}O_{16}S_3$ = 1143.3.
CAS — 25126-32-3.
ATC — V04CC03.
ATC Vet — QV04CC03.

Pharmacopoeias. *US* includes Sincalide for Injection.

Adverse Effects
Sincalide stimulates gallbladder contraction and gastrointestinal muscle and may give rise to abdominal discomfort. Dizziness, nausea, and flushing may also occur.

Uses and Administration
Sincalide is the synthetic C-terminal octapeptide of cholecystokinin (see pancreozymin, p.2361) and when given by intravenous injection it stimulates gallbladder contraction; it also stimulates intestinal muscle.

Sincalide is used for testing gallbladder function and as an adjunct to cholecystography. It is usually given in doses of 20 nanograms/kg by intravenous injection over 30 to 60 seconds. It is also used as a diagnostic agent, often with secretin (p.2384), for testing the functional capacity of the pancreas; this test generally requires duodenal intubation of the patient and examination of duodenal aspirate. A suggested procedure is to give a 1-hour intravenous infusion of secretin, and 30 minutes after starting this infusion, to start a separate infusion of sincalide 20 nanograms/kg over a 30-minute period. A dose of 40 nanograms/kg may be given to accelerate the transit time of a barium meal through the small bowel; it should be given after the barium meal has passed the proximal jejunum.

Preparations
USP 31: Sincalide for Injection.

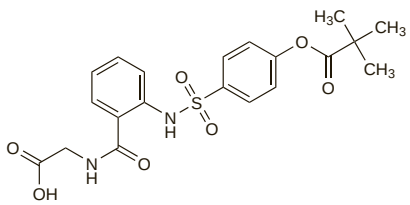
Proprietary Preparations (details are given in Part 3)
Canad.: Kinevac†; ***USA:*** Kinevac.

Sivelestat *(USAN, rINN)*

El-546; LY-544349; ONO-5046; Sivélestat; Sivelestatum. *o*-(*p*-Hydroxybenzenesulfonamido)hippuric acid pivalate.

Сивелестат

$C_{20}H_{22}N_2O_7S$ = 434.5.
CAS — 127373-66-4.



Sivelestat Sodium *(USAN, rINNM)*

Natrii Sivelestatum; Sivelestat sódico; Sivélestat Sodique.

Натрий Сивелестат

$C_{20}H_{21}N_2NaO_7S,4H_2O$ = 528.5.
CAS — 201677-61-4.

Profile
Sivelestat is an elastase inhibitor that primarily inhibits neutrophil elastase. It is given by intravenous infusion as the sodium salt in the treatment of acute lung injury associated with systemic inflammatory response syndrome. However, a large study in patients with acute lung injury did not find it of benefit.

◊ References.

1. Zeiher BG, *et al*. Neutrophil elastase and acute lung injury: prospects for sivelestat and other neutrophil elastase inhibitors as therapeutics. *Crit Care Med* 2002; **30** (suppl): S281–S287.
2. Zeiher BG, *et al*. Neutrophil elastase inhibition in acute lung injury: results of the STRIVE study. *Crit Care Med* 2004; **32:** 1695–1702.

Preparations
Proprietary Preparations (details are given in Part 3)
Jpn: Elaspol.

Skullcap
Escutelaria; Scullcap; Scutellaria.

Pharmacopoeias. *Chin.* includes Herba Scutellariae Barbatae (Barbated Skullcap Herb; *Scutellaria barbata*) and Radix Scutellariae (Baical Skullcap Root; *S. baicalensis*). *Jpn* includes Scutellaria Root (*S. baicalensis*).

Profile
Skullcap, the aerial parts of *Scutellaria lateriflora* (Labiatae) and other *Scutellaria* spp., has sedative and antispasmodic properties. It is used as a nerve tonic, and for insomnia and menstrual disorders.

Baical skullcap (*S. baicalensis*) is used in Chinese herbal medicine.

Preparations
Proprietary Preparations (details are given in Part 3)
Pol.: Baikadent.

Multi-ingredient: ***Austral.:*** Albizia Complex; Andrographis Compound; Calmo; Euphrasia Compound; Feminine Herbal Complex; Goodnight Formula†; Nevaton; Pacifenity†; Passiflora Complex†; Passionflower Plus; Relaxaplex†; Valerian†; ***Canad.:*** Herbal Nerve; ***UK:*** Herbal Indigestion Naturtabs; HRI Calm Life; Newrelax; Nodoff; Quiet Days; Quiet Tyme; Scullcap & Gentian Tablets; St Johnswort Compound; Stressless; Vegetable Cough Remover; Wellwoman.

Skunk Cabbage
Col apestosa; Skunkweed.

Profile
Skunk cabbage, the root and rhizome of *Symplocarpus foetidus* (*Dracontium foetidum*) (Araceae), has expectorant properties and is used in respiratory-tract disorders.

Preparations
Proprietary Preparations (details are given in Part 3)

Multi-ingredient: ***UK:*** Horehound and Aniseed Cough Mixture; Vegetable Cough Remover.

Slippery Elm
Elm Bark; Olmo resbaladizo; Slippery Elm Bark; Ulmus.

Pharmacopoeias. In *US.*
USP 31 (Elm). The dried inner bark of *Ulmus rubra* (*U. fulva*) (Ulmaceae). Store in a dry place at a temperature of 8° to 15°.

Profile
Slippery elm contains a considerable amount of mucilage and has been used as a demulcent.

Preparations
Proprietary Preparations (details are given in Part 3)

Multi-ingredient: ***Austral.:*** Bioglan Psylli-Mucil Plus; Cal Alkyline; Digestive Aid; Herbal Cleanse†; PC Regulax†; Travelaide†; ***Canad.:*** Herbal Throat†; ***UK:*** Modern Herbals Pile; Pileabs; Slippery Elm Stomach Tablets.

Soapwort
Bouncing Bet; Fuller's Herb; Red Soapwort; Saponaire.

NOTE. Distinguish from White Soapwort, *Gypsophila paniculata* (Caryophyllaceae)

Pharmacopoeias. In *Fr.*

Profile
The root of red soapwort, *Saponaria officinalis* (Caryophyllaceae), contains saponins and is included in herbal preparations for catarrh and other respiratory-tract disorders and for skin disorders. It has been used as a foaming agent. The aerial parts of the herb have also been used.

Homoeopathy. Soapwort has been used in homoeopathic medicines under the following names: Saponaria; Saponaria officinalis.

Preparations
Proprietary Preparations (details are given in Part 3)
Ger.: Aspectonetten N†.

Multi-ingredient: ***Cz.:*** Bronchicum Tropfen†; Pleumolysin; Tussilen; ***Fr.:*** Depuratif Parnel; ***Ger.:*** Bronchicum Tropfen N†; Em-medical†; ***Pol.:*** Bronchicum†; Pectosol; Reumosol; Saponarex; ***Port.:*** Erpecalm.

Soda Lime
Cal sodada; Calcaria absorbens; Calcaria Compositio; Calx Sodica; Chaux Sodée.

CAS — 8006-28-8.

Pharmacopoeias. In *Br.* Also in *USNF.*
BP 2008 (Soda Lime). A mixture of sodium hydroxide, or sodium hydroxide and potassium hydroxide, with calcium hydroxide. White or greyish-white granules, or it may be coloured with an indicator to show when its absorptive capacity is exhausted. It absorbs about 20% of its weight of carbon dioxide. Partially soluble in water; almost completely soluble in 1M acetic acid. A suspension in water is strongly alkaline to litmus.
USNF 26 (Soda Lime). A mixture of calcium hydroxide and sodium or potassium hydroxide or both. It may contain an indicator that is inert and that changes colour when the soda lime can no longer absorb carbon dioxide. White or greyish-white granules. May have a colour if an indicator is added.

Incompatibility. Soda lime is incompatible with trichloroethylene.

Profile
Soda lime is used to absorb carbon dioxide, for instance in closed-circuit anaesthetic apparatus, and in the determination of the basal metabolic rate. Limits are specified for particle size, and particles should be free from dust.

Soda lime must not be used with trichloroethylene, since this is decomposed by warm alkali to produce a toxic end product that gives rise to lesions of the nervous system.

Soda lime is irritating and corrosive to skin, mucous membranes, and eyes.

Sodium Aminobenzoate
Aminobenzoate Sodium. Sodium 4-aminobenzoate.

$C_7H_6NNaO_2$ = 159.1.

Pharmacopoeias. In *US.*
USP 31 (Aminobenzoate Sodium). pH of a 5% solution in water is between 8.0 and 9.0.

Profile
Sodium aminobenzoate has been used in analgesic preparations.

Preparations
Proprietary Preparations (details are given in Part 3)
Multi-ingredient: ***Ital.:*** Fotofil; Neo-Ustiol; ***Spain:*** Tri Hachemina.

Sodium Arsenate
Arseniato de sodio; Natrium Arsenicicum; Sodium Arseniate.

$Na_2HAsO_4,7H_2O$ = 312.0.
CAS — 7778-43-0 (anhydrous sodium arsenate); 10048-95-0 (sodium arsenate heptahydrate).

Profile
Sodium arsenate was formerly used in the treatment of chronic skin diseases, in parasitic diseases of the blood, and in some forms of anaemia. It has the adverse effects of Arsenic Trioxide, p.2260.

Preparations
Proprietary Preparations (details are given in Part 3)
Multi-ingredient: ***Mex.:*** Iodarsolo B12†.

Sodium Camsilate
Sodium Camphorsulphonate. Sodium (+)-camphor-10-sulfonate.

$C_{10}H_{15}NaO_4S$ = 254.3.
CAS — 21791-94-6; 34850-66-3.

Pharmacopoeias. In *Viet.*

Profile
Sodium camsilate has been used as a respiratory and cardiac stimulant.

Preparations
Proprietary Preparations (details are given in Part 3)

Multi-ingredient: ***Belg.:*** Eucalyptine Pholcodine Le Brun†; Kamfeine†; Tux†; ***Braz.:*** Algice; Baldin-CE†; Broncopinol†; Cafalena†; Gripanil†; Gripomatine†; Griponia†; Gripsay; Killgrip†; Ozonyl Aquoso; Ozonyl Expectorante; Pulmorien†; Tetrapulmo; Tripulmin†; ***Chile:*** Gruben.

Sodium Carbonate Anhydrous

Carbonato de sodio anhidro; Cenizas de Soda; E500; Exsiccated Sodium Carbonate; Natrii Carbonas; Natrii carbonas anhydricus; Natrio karbonatas, bevandenis; Natrium Carbonicum Calcinatum; Natrium Carbonicum Siccatum; Natriumkarbonaatti, vedetön; Natriumkarbonat, vattenfritt; Sodium (carbonate de) anhydre; Uhličitan sodný; Uhličitan sodný bezvodý; Vízmentes nátrium-karbonát.

Na_2CO_3 = 106.0.

CAS — 497-19-8.

NOTE. Soda ash is a synonym for the technical grade of sodium carbonate anhydrous.

Pharmacopoeias. In *Eur.* (see p.vii) and *Jpn. USNF* allows the anhydrous substance or the monohydrate.

Ph. Eur. 6.2 (Sodium Carbonate, Anhydrous). A white or almost white, slightly granular, hygroscopic powder. Freely soluble in water; practically insoluble in alcohol. A 10% solution in water is strongly alkaline. Store in airtight containers.

USNF 26 (Sodium Carbonate). Colourless crystals, or white, crystalline powder or granules. Soluble 1 in 3 of water and 1 in 1.8 of boiling water.

Sodium Carbonate Decahydrate

Carbonato de sodio decahidratado; Cristales de Sosa; E500; Natrii Carbonas; Natrii carbonas decahydricus; Natrio karbonatas dekahidratas; Natrium Carbonicum Crystallisatum; Natriumkarbonaattidekahydraatti; Nátrium-karbonát-dekahidrát; Natriumkarbonatdekahydrat; Sodium (carbonate de) décahydraté; Uhličitan sodný dekahydrát.

$Na_2CO_3,10H_2O$ = 286.1.

CAS — 6132-02-1.

NOTE. Washing soda is a synonym for the technical grade of sodium carbonate decahydrate.

Pharmacopoeias. In *Eur.* (see p.vii) and *Jpn.*

Ph. Eur. 6.2 (Sodium Carbonate Decahydrate). Colourless, efflorescent, transparent crystals or a white or almost white crystalline powder. Freely soluble in water; practically insoluble in alcohol. A 10% solution in water is strongly alkaline. Store in airtight containers.

Sodium Carbonate Monohydrate

Carbonato de sodio monohidratado; E500; Natrii carbonas monohydricus; Natrio karbonatas monohidratas; Natriumkarbonaattimonohydraatti; Nátrium-karbonát-monohidrát; Natriumkarbonatmonohydrat; Sodium (carbonate de) monohydraté; Sodu węglan jednowodny; Uhličitan sodný monohydrát.

Na_2CO_3,H_2O = 124.0.

CAS — 5968-11-6.

Pharmacopoeias. In *Eur.* (see p.vii). *USNF* allows the anhydrous substance or the monohydrate.

Ph. Eur. 6.2 (Sodium Carbonate Monohydrate). A white or almost white, crystalline powder or colourless crystals. Freely soluble in water; practically insoluble in alcohol. A 10% solution in water is strongly alkaline. Store in airtight containers.

USNF 26 (Sodium Carbonate). Colourless crystals, or white, crystalline powder or granules. When exposed to dry air above 50°, it effloresces and at 100° it becomes anhydrous. Soluble 1 in 3 of water and 1 in 1.8 of boiling water.

Profile

Sodium carbonate is used in antacid preparations. Anhydrous sodium carbonate and the monohydrate are also used as reagents. The decahydrate has been used in alkaline baths. Sodium carbonate in its anhydrous or hydrated form is also used as a water softener.

Sodium carbonate may be irritating or mildly corrosive to skin, mucous membranes, and eyes.

Preparations

BPC 1973: Surgical Chlorinated Soda Solution;
USP 31: Citric Acid, Magnesium Oxide, and Sodium Carbonate Irrigation.

Proprietary Preparations (details are given in Part 3)

Multi-ingredient: ***Arg.:*** Alikal; Otocalmia Biotic; Otocerol; Otoclean Gotas Oticas; Sal de Fruta Eno; Sincerum; Uvasal; Yasta; ***Austral.:*** Eno; ***Braz.:*** Digestbem; Sal de Fruta Eno; Sonrisal; ***Fr.:*** Bactident; Hydralin; ***Hong Kong:*** Eno†; Hydralin; ***Irl.:*** Cymalon; ***Israel:*** Eno; Urikal; ***Ital.:*** Gastrotuss; ***Port.:*** Eno; Gastropensan; ***Spain:*** Sal de Fruta Eno; Tanasid†; ***Switz.:*** Saltrates Rodell†; ***UK:*** Cymalon; Eno; Resolve; ***Venez.:*** Eno.

Sodium Chlorate

Clorato de potasio; Natrium Chloricum; Sodii Chloras.

$NaClO_3$ = 106.4.

CAS — 7775-09-9.

Profile

Sodium chlorate closely resembles potassium chlorate (p.2371) in its properties and has been used as an astringent. Its main use is as a weedkiller and it is therefore a common household chemical. Poor storage conditions can lead to explosions.

Preparations

Proprietary Preparations (details are given in Part 3)

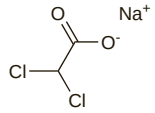
Multi-ingredient: ***Spain:*** Co Bucal.

Sodium Dichloroacetate *(USAN)*

CPC-211; DCA; Dicloroacetato de sodio.

$C_2HCl_2NaO_2$ = 150.9.

CAS — 2156-56-1 (sodium dichloroacetate); 79-43-6 (dichloroacetic acid).



Profile

Dichloroacetic acid activates pyruvate dehydrogenase, a mitochondrial enzyme that catalyses metabolism of pyruvate and lactate, and it inhibits glycolysis. It also stimulates myocardial contractility. Sodium dichloroacetate has been used for the treatment of congenital lactic acidosis, lactic acidosis in patients with severe malaria, homozygous familial hypercholesterolaemia, and for severe brain injury. It is also under investigation for stroke.

Adverse effects. Adverse effects reported with sodium dichloroacetate have mainly involved the central and peripheral nervous systems.[1] Anxiolytic or sedative effects are common. Reversible polyneuropathy has been reported after chronic use, as has asymptomatic elevation of serum transaminases. Reduced urate clearance and elevated serum urate levels have been reported in patients with type 2 diabetes mellitus. See also under Use in Metabolic Acidosis, below for reference to early termination of a study due to development of peripheral neuropathy.

1. Stacpoole PW, *et al.* Pharmacokinetics, metabolism, and toxicology of dichloroacetate. *Drug Metab Rev* 1998; **30:** 499–539.

Pharmacokinetics. References.

1. Henderson GN, *et al.* Pharmacokinetics of dichloroacetate in adult patients with lactic acidosis. *J Clin Pharmacol* 1997; **37:** 416–25.
2. Shangraw RE, Fisher DM. Pharmacokinetics and pharmacodynamics of dichloroacetate in patients with cirrhosis. *Clin Pharmacol Ther* 1999 **66:** 380–90.

Use in metabolic acidosis. In a study[1] in 29 patients with lactic acidosis (p.1667), sodium dichloroacetate 50 mg/kg given by intravenous infusion over 30 minutes, followed by a second dose 2 hours after beginning the first infusion, produced a metabolic response in 23 patients with a short-term increase in survival. However, a subsequent study[2] found that, while dichloroacetate infusion did reduce blood-lactate concentrations, it did not alter haemodynamics or survival in patients with severe lactic acidosis. A review[3] of these and other controlled studies in the treatment of acquired and congenital lactic acidosis concluded that the maximum lactate-lowering effect is dose-dependent but independent of time after dosing. Whether lowering lactate levels contributes to reducing morbidity and mortality in hyperlactataemia remains controversial, although data from recent studies suggest that treatment in mild cases may reduce the risk of death. A review[4] of the treatment of children with dichloroacetate for congenital lactic acidosis hypothesised that it might improve quality of life by reducing the frequency of acid–base decompensations, improving neurological function, and stimulating linear growth. A randomised controlled study[5] of dichloroacetate for the treatment of congenital lactic acidosis in 43 patients ranging in age from 3 months to 18 years found that dichloroacetate for 6 months was well tolerated and reduced blood-lactate response to a carbohydrate challenge but had no effect on basal-lactate concentrations nor did it improve neurologic or other measures of clinical outcome. In another randomised controlled study[6] of the effects of dichloroacetate in the treatment of the multisystem syndrome of mitochondrial myopathy, encephalopathy, lactic acidosis, and stroke-like episodes (MELAS), 13 of 15 patients given the study medication developed peripheral neuropathy, displaying either clinical signs and symptoms or electrophysiological evidence. The study was therefore stopped early, and on this basis, the authors concluded that dichloroacetate could not be recommended for the treatment of MELAS.

In a randomised, double-blind, placebo-controlled study[7] in 124 West African children with severe *Plasmodium falciparum* malaria, a single intravenous infusion of sodium dichloroacetate in a dose of 50 mg/kg given at the same time as quinine increased the rate and magnitude of fall in blood-lactate levels without compromising the plasma kinetics of quinine.

In the UK, the *BNFC* includes the following doses for neonates and children with pyruvate dehydrogenase defects: 12.5 mg/kg 4 times daily by mouth, adjusted according to response up to 200 mg/kg daily.

Sodium dichloroacetate has also been studied[8] in patients with traumatic brain injury for its lactate-lowering effect in cerebrospinal fluid.

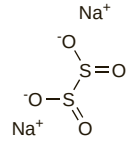
1. Stacpoole PW, *et al.* Dichloroacetate in the treatment of lactic acidosis. *Ann Intern Med* 1988; **108**: 58–63.
2. Stacpoole PW, *et al.* A controlled clinical trial of dichloroacetate for treatment of lactic acidosis in adults. *N Engl J Med* 1992; **327:** 1564–9.
3. Stacpoole PW, *et al.* Efficacy of dichloroacetate as a lactate-lowering drug. *J Clin Pharmacol* 2003; **43:** 683–91.
4. Stacpoole PW, *et al.* Treatment of congenital lactic acidosis with dichloroacetate. *Arch Dis Child* 1997; **77:** 535–41.
5. Stacpoole PW, *et al.* Controlled clinical trial of dichloroacetate for treatment of congenital lactic acidosis in children. *Pediatrics* 2006; **117:** 1519–31.
6. Kaufmann P, *et al.* Dichloroacetate causes toxic neuropathy in MELAS: a randomized, controlled clinical trial. *Neurology* 2006; **66:** 324–30.
7. Agbenyega T, *et al.* Population kinetics, efficacy, and safety of dichloroacetate for lactic acidosis due to severe malaria in children. *J Clin Pharmacol* 2003; **43:** 386–96.
8. Williams PJ, Dichloroacetate: population pharmacokinetics with a pharmacodynamic sequential link model. *J Clin Pharmacol* 2001; **41:** 259–67.

Sodium Dithionite

Ditionito de sodio; Natrii Dithionis; Sodium Hydrosulfite; Sodium Hydrosulphite; Sodium Sulphoxylate; Sodu ditionian; Sodu podsiarczyn.

$Na_2S_2O_4$ = 174.1.

CAS — 7775-14-6.



NOTE. The name sodium hydrosulfite is also applied to $NaHSO_2$ = 88.06.

Pharmacopoeias. In *Pol.*

Profile

Sodium dithionite is used as a reducing agent. It may be used in the form of a simple urine test in the detection of paraquat poisoning. A 0.25% solution has been used to remove phenazopyridine stains from fabric. It is irritant to the skin.

Sodium Gluconate

E576; Gluconato de sodio. Monosodium D-gluconate.

$C_6H_{11}NaO_7$ = 218.1.

CAS — 527-07-1.

Pharmacopoeias. In *US.*

Profile

Sodium gluconate is a food additive.

Gluconates act as acceptors of hydrogen ions produced by metabolic processes and are an indirect source of bicarbonate ions.

Sodium Humate

CAS — 1415-93-6 (humic acids); 68131-04-4 (sodium humates).

Profile

Humic acids are mixtures of complex macromolecules derived from the decomposition of organic material and are found in soils and peats. They have been used topically, usually as sodium humate, for musculoskeletal and joint disorders. They also have industrial applications.

Preparations

Proprietary Preparations (details are given in Part 3)

Ger.: Leukona-Sulfomoor-Bad F†; Rheumasan Moor-Bad S†.

Multi-ingredient: ***Austria:*** Humal; Leukona-Sulfomoor-Bad†; Salhumin; ***Ger.:*** Salhumin Rheuma-Bad; Salhumin Sitzbad N†; Salhumin Teilbad N†.

Sodium Hydroxide

Ätznatron; Caustic Soda; E524; Hidróxido de sodio; Hydroxid sodný; Natrii hydroxidum; Natrio hidroksidas; Natrium Hydricum; Natrium Hydroxydatum; Nátrium-hidroxid; Natriumhydroksidi; Natriumhydroxid; Soda Lye; Sodium, hydroxyde de; Sodu wodorotlenek; Sosa cáustica.

NaOH = 40.00.

CAS — 1310-73-2.

Pharmacopoeias. In *Chin.*, *Eur.* (see p.vii), *Int.*, and *Jpn.* Also in *USNF.*

Ph. Eur. 6.2 (Sodium Hydroxide). White or almost white, crystalline masses supplied as pellets, sticks, or slabs. It is deliquescent and readily absorbs carbon dioxide. Very soluble in water; freely soluble in alcohol. A 0.01% solution in water has a pH of not less than 11.0. Store in airtight, nonmetallic containers.

USNF 26 (Sodium Hydroxide). White or practically white fused masses, small pellets, flakes, sticks, or other forms. It is hard and