allowing the transfer of the moisture from one cavity to another. However, a disadvantage is the significant swelling of the polymer particles, which can also lead to further liquid absorption being prevented through so-called "gel blocking".

DE 35 16 653 A1 describes footwear in which shoe mouldings forming the shoe interior boundary are preferably equipped with a molecular sieve. Although molecular sieves do not tend to swell on absorption of moisture, the very uniform pore and channel structure causes molecular sieves to release the liquid again, once it has been absorbed, only under harsh conditions.

The prior art shoe insoles thus have the disadvantage that they either possess an only insufficient perspiration absorption capacity or tend to significant swelling at the direct site of absorption of perspiration. In no case to date, however, have they been able to ensure that the perspiration can be led away from the direct site of absorption of perspiration and distributed homogeneously over the surface of the shoe insoles. Moreover, the prior art shoe insoles have the disadvantage that, in an attempt to regenerate the insoles for further applications, the perspiration absorbed is desorbed again only to an insufficient degree, i.e. long drying times and/or high drying temperatures are required across the board.

It was therefore an object of the embodiments disclosed herein~~present invention~~ to provide a shoe insole which possesses a sufficient perspiration absorption capacity, but does not swell as a result of absorbing perspiration, and additionally ensures that the perspiration absorbed can be distributed effectively over the entire shoe sole volume and can be released again to the environment just as effectively in the course of regeneration.

It has now been found that, surprisingly, a shoe insole which contains particulate amorphous silica meets the aforementioned requirements.

In one aspect, there is provided a shoe insole containing an absorbent, characterized in that
the absorbent contains particulate amorphous silica and additionally active antibacterial ingredients and/or fragrances, and at least a portion of the particulate amorphous silica is present as a carrier for the active antibacterial ingredients and/or the fragrances.

In another aspect, there is provided a shoe insole comprising particulate amorphous silica as an absorbent, characterized in that
the shoe insole comprises at least two layers (1) and (2), layer (1) being water- and water vapour-pervious and layer (2) being water- and water vapour-impervious, layer (2) containing depressions on surface (3), layers (1) and (2) being fixed to one another in such a way that surface (4) of layer (1) covers the depressions on surface (3) of layer (2), the depressions on surface (3) of layer (2) are joined to one another by open channels within layer (2), and the depressions on surface (3) of layer (2) contain particulate amorphous silica as an absorbent, wherein at least a portion of the particulate amorphous silica is present as a carrier for active antibacterial ingredients and/or fragrances.

The present ~~invention~~disclosure therefore provides for the use of particulate amorphous