

Information sheet for customer

Tsumura-Kampo Yokukansan [抑肝散] Extract Granules

【Category 2 OTC medicines】

INDICATIONS

Following symptoms in person with moderate physical strength, nervousness, anger, irritability, etc.:

Neurosis, insomnia, baby's night crying, childhood over sensitivity, bruxism, menopausal disorder, *chi-no-michi-syo**.

**Chi-no-michi-syo* is mental and physical symptoms including anxiety and irritation due to hormonal fluctuation in the female body such as menstruation, pregnancy, delivery, postpartum conditions or menopause.



! CAUTION FOR USE

●To be avoided

Failure to observe the following may result in the symptoms worsening or the occurrence of adverse reactions/accidents.

Following persons should not take this medicine:

Infants less than 3 months old.

●Who should seek consultation

1. The following persons should consult a physician, pharmacist, or registered distributor before taking this medicine.
 - (1) Persons undergoing medical treatment from a physician.
 - (2) Pregnant women or women suspected of being pregnant.
 - (3) Persons who have gastrointestinal weakness.
 - (4) Persons who have experienced rash, redness, itching, etc. due to medicines or something.
2. The following symptoms may be adverse reactions to this medication. If any of these symptoms occur, stop taking this medicine immediately and consult a physician, pharmacist, or registered distributor. Take the instruction leaflet with you.

Related areas	Symptoms
Skin	Rash, redness, itching

In very rare cases the following serious symptoms may occur. In this case, consult a physician immediately.

Symptoms' name	Symptoms
Interstitial pneumonia	When go upstairs or exert yourself too much, symptoms such as shortness of breath, breathing difficulties, dry cough, and fever will appear. They will appear suddenly and persist.
Heart failure	Breathlessness when moving, getting tired easily, swelling legs, and abrupt weight gain.
Hepatic function failure	Following symptoms appear: fever, itching, rash, jaundice (yellowing of skin and white of eyes), brown urine, whole-body tiredness, loss of appetite.

3. Stop taking this medicine and consult a physician, pharmacist or registered distributor if symptoms do not improve after taking this medicine for about 1 month (about 1 week if you take this medicine for baby's night crying). Take this leaflet with you.

DOSAGE

Take the following dosages with water or warm water before a meal.

Age	One dosage	Daily dosage
15 years and over	1 packet(1.875 g)	2 times a day
7-14 years	2/3 packet	
4-6 years	1/2 packet	
2-3 years	1/3 packet	
Less than 2 years	1/4 packet	

[Cautions]

1. This medication should be given to children only under adult supervision.
2. Infants less than 1 year old should be taken to a physician first, and give them this medicine only when it is really necessary.

INGREDIENTS

2 packets (3.75 g) of this medicine contain 1.625 g of Yokukansan extract of the following mixed crude drugs;

JP Atractylodes Lancea Rhizome	2.0 g
JP Poria Sclerotium	2.0 g
JP Cnidium Rhizome	1.5 g
JP Uncaria Hook	1.5 g
JP Japanese Angelica Root	1.5 g
JP Bupleurum Root	1.0 g
JP Glycyrrhiza	0.75 g

(JP : The Japanese Pharmacopoeia)

Inactive ingredients: JP Magnesium Stearate, JP Lactose Hydrate

PRECAUTIONS FOR STORAGE AND HANDLING

- (1) Store in a cool, dry place free from direct sunlight.
- (2) Keep all medication out of the reach of children.
- (3) When you take this medicine in divided dose, fold over the opened edge of the packet and store it. The remaining medicine should be taken within 2 days.
- (4) Since the medicine contains crude drugs, the granules color may vary for individual products, however this has no influence on the efficacy of this medicine.
- (5) Do not take this medicine after the expiration date.

Production of this product has been approved for domestic sales in accordance with the Pharmaceutical Affairs Law of Japan.



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