



SAN · KOMYO

(San'oshashinto Extract Granules)

[Category 2 OTC medicines]

Indication

Following symptoms in persons with moderate or more physical strength who get hot flashes in red faced, suffer from mental anxiety, lodged feeling at the solar plexus, and a tendency to constipation :

Accessory symptoms of hypertension (hot flashes, stiff shoulder, tinnitus, heavy head, insomnia, anxiety), nosebleed, hemorrhoidal bleeding, constipation, menopausal disorders, chi-no-michi-sho*.



*Chi-no-michi-sho is a generic term of neuropsychiatric symptoms such as anxiety and irritation and physical symptoms due to fluctuation of female hormones caused by menstruation, pregnancy, childbirth or menopause.

! CAUTION FOR USE

To be avoided

(If you do not follow these instructions, the current symptoms may worsen or adverse reactions/incidents are more likely to occur.)

1. This medication should not be taken together combination with the following medications : Other cathartic agents.
2. Women who are nursing should not take this medicine. If those women take it, avoid breast feeding.

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 is physically weak (declining of strength or constitutional weakness).
 - (4) Persons who have a gastrointestinal weakness and tend to diarrhea.
 - (5) Persons who prolonged bleeding
 - (6) Persons who have experienced rash, redness, itching, etc. due to medicines, etc.

Information sheet for customer

2. The following symptoms may be adverse reactions of this medicine. If any of the following symptoms occur, stop taking this medicine immediately and consult a physician, pharmacist or registered distributor with this instruction leaflet.

| Areas | Symptoms |
|-------------------------|---|
| Skin | Rash, redness, itching |
| Gastrointestinal system | Nausea, vomiting, loss of appetite, gastric distress, diarrhea with severe abdominal pain, abdominal pain |

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

| Symptom's name | Symptoms |
|--------------------------|---|
| Interstitial pneumonia | Shortness and/or difficulties of breath when go upstairs or overwork, sudden dry cough and/or fever and its continuance. |
| 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. A following symptom may appear after taking this medicine. If the symptom continues or worsen, consult a physician, pharmacist or registered distributor. Take this leaflet with you : Soft stools, diarrhea.

4. Stop taking this medicine and consult a physician, pharmacist or registered distributor with this leaflet, if symptoms do not improve after taking this medicine for about 1 month (5 to 6 times if you take it for nosebleed or about 1 week if you take this medicine for hemorrhoidal bleeding, constipation).

Dosage and administration

Take the following doses with water or warm water before or between meals.
(Between meals means 2-3 hours after meals.)

| Age | One dosage | Daily dosage |
|-------------------|-----------------|---------------|
| 15 years and over | 1 packet (1.0g) | 3 times a day |
| 7 to 14 years old | 2/3 packet | |
| 4 to 6 years old | 1/2 packet | |

〈Precautions of Dosage and Administration〉

When allowing children to take the medicine, a guardian must be present to watch and tell such them how to take it.

Ingredient and amount

3 packets (1.0 g × 3 : 3.0 g) of this medicine contains 1.4 g of the dried extract (San'oshashinto extract) from the following mixed crude drugs.

| | | | |
|------------------|-----|---------|-----|
| Scutellaria Root | 3 g | Rhubarb | 3 g |
| Coptis Rhizome | 3 g | | |

The inactive ingredients contained are Lactose Hydrate, Corn Starch and Magnesium Stearate.

Precautions for storage and handling

- (1) Store in a cool, low humidity place away from direct sunlight.
 - (2) Keep out of reach of children.
 - (3) Do not transfer the medicine to a different container. (It may lead to misuse or alter the quality of the drug.)
 - (4) 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.
- This product is manufactured from natural crude drugs. There may be slight differences in the color and taste of the product. There is no change in the effect.

REQUEST FOR LITERATURE SHOULD BE MADE TO :

Dep. of Medical Information,

Ohsugi Pharmaceutical Co., Ltd.

1-8-6, Yamasaka, Higashisumiyoshi-ku, Osaka 546-0035

Website <https://www.ohsugi-kanpo.co.jp>