



## SAN・KOMIN

### (Kamishoyosan Extract Granules)

[Category 2 OTC medicines]

#### Indication

Following symptoms in persons with moderate or poor physical strength who get tired easily, suffered from flash feeling, shoulder stiffness and neuropsychiatric symptoms including anxiety and irritation, and sometimes experience a constipation tendency :

Over-sensitiveness to cold, weak constitution, menstrual irregularity, dysmenorrhea, menopausal disorders, chi-no-michi-sho\* and insomnia.



\*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

#### 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) Elderly persons.
  - (5) Persons who have experienced rash, redness, itching, etc. due to medicines, etc.
  - (6) Persons with the following symptoms : Edema.
  - (7) Persons diagnosed as having the following : Hypertension, heart disease, kidney disease.
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.

## Information sheet for customer

Areas	Symptoms
Skin	Rash, redness, itching
Gastrointestinal system	Nausea, vomiting, loss of appetite, gastric distress

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

Symptom's name	Symptoms
Pseudoaldosteronism, myopathy	In addition to listlessness, stretched feeling and stiffness of hands and feet, feeling of weakness and muscular pain will appear and gradually worsen.
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.
Mesenteric phlebosclerosis	Long-term use of this medicine may cause following symptoms repetitively : Abdominal pain, diarrhea, constipation, abdominal bloating.

3. A following symptom may appear after taking this medicine. If the symptom continues or worsen, consult a physician, pharmacist or registered distributor with this leaflet :  
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. If you take this medicine regularly for a long period, consult a physician, pharmacist, or registered distributor.

### **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 (2.5g)	3 times a day
Less than 15 years old	Do not use	

## **Ingredient and amount**

3 packets (2.5 g × 3 : 7.5 g) of this medicine contains 3.8 g of the dried extract (Kamishoyosan extract) from the following mixed crude drugs.

Japanese Angelica Root	3 g	Moutan Bark	2 g
Peony Root	3 g	Gardenia Fruit	2 g
Atractylodes Rhizome	3 g	Glycyrrhiza	1.5 g
Poria Sclerotium	3 g	Ginger	0.5 g
Bupleurum Root	3 g	Mentha Herb	1 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>