



TOGOSHIU

(Tokishigyakukagoshuyushokyo Extract Granules)

[Category 2 OTC medicines]

Indication

Following symptoms in persons with moderate and poor physical strength who have cold hands and feet, and have strong cold in the lower limbs, likely to have pain in the lower limbs or lower abdomen when their lower limbs are cold :

Over-sensitiveness to cold, chilblains, headache, lower abdominal pain, and low back pain, diarrhea, menstrual pain



! 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.

Areas	Symptoms
Skin	Rash, redness, itching

Information sheet for customer

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.

3. 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.
4. If you take this medicine regularly for a long periods, 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 (3.0g)	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 (3.0 g × 3 : 9.0 g) of this medicine contains 4.6 g of the dried extract (Tokishigyakukagoshuyushokyoto extract) from the following mixed crude drugs.

Japanese Angelica Root	3 g	Glycyrrhiza	2 g
Cinnamon Bark	3 g	Jujube	5 g
Peony Root	3 g	Euodia Fruit	2 g
Akebia Stem	3 g	Ginger	1 g
Asiasarum Root	2 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>