

Information sheet for customer

You should read this written explanation before use. Please keep it so that you can read it when you need to.

Kampo product



OKAN

(Yokukansan Extract Granules)

[Category 2 OTC medicines]

Indication

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

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

Don't give this medicine to children under 3 months of age.

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.

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Areas	Symptoms
Skin	Rash, redness, itching

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.
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.
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 with this leaflet, 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).
4. 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
7 to 14 years old	2/3 packet	
4 to 6 years old	1/2 packet	
2 to 3 years old	1/3 packet	
Less than 2 years old	1/4 packet	

〈Precautions of Dosage and Administration〉

- (1) When allowing children to take the medicine, a guardian must be present to watch and tell such them how to take it.
- (2) For infants younger than 1 year old, medical care by a physician should always precede administration of this drug. This drug should be administered only if it is absolutely necessary.

Ingredient and amount

3 packets (2.5 g × 3 : 7.5 g) of this medicine contains 3.7 g of the dried extract (Yokukansan extract) from the following mixed crude drugs.

Japanese Angelica Root	3 g	Poria Sclerotium	4 g
Uncaria Hook	3 g	Bupleurum Root	2 g
Cnidium Rhizome	3 g	Glycyrrhiza	1.5 g
Atractylodes Rhizome	4 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>