



TOSHOKIN

(Tokakujokito Extract Granules)

[Category 2 OTC medicines]

Indication

Following symptoms in persons with moderate or more physical strength who have hot flashes and a tendency of constipation :

Menstrual irregularity, dysmenorrhea, menstrual pain, anxiety during menstruation or after childbirth, lower back pain, constipation, accessory symptoms of hypertension (headache, dizziness, stiff shoulder), hemorrhoid and contusion.



! 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 medicine should not be taken together with the following medicines :
Other cathartic agents.
2. Women who are nursing should not take this medicine. If they 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 physical strength or constitutional weakness).
 - (4) Persons who have a gastrointestinal weakness and tend to diarrhea.
 - (5) Elderly persons.
 - (6) Persons who have experienced rash, redness, itching, etc. due to medicines, etc.
 - (7) Persons with the following symptom : Edema.
 - (8) Persons diagnosed as having the following : Hypertension, heart disease, kidney disease.

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	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
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. 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 to 6 days if you take this medicine for constipation).
5. If you take this medicine regularly for a long period, consult a physician, pharmacist, or registered distributor.
6. If unexpected bleeding appears during or after taking this medicine, 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 (1.5g)	3 times a day
7 to 14 years old	2/3 packet	
4 to 6 years old	1/2 packet	

Ingredient and amount

3 packets (1.5 g × 3 : 4.5 g) of this medicine contains 2.4 g of the dried extract (Tokakujokito extract) from the following mixed crude drugs.

Peach Kernel.	5 g	Glycyrrhiza	1.5 g
Cinnamon Bark	4 g	Rhubarb	3 g
Anhydrous Sodium Sulfate	0.9 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>