

Category 2 OTC medicines

Health supplement for females **女性保健薬 命の母 A**

販売名：女性保健薬 命の母 A

Precautions for use**What you should Not do**

(If you do not follow the precautions listed below, your current symptoms may worsen and you may be at an increased risk of side effects.)

Nursing women should either not take this medicine or avoid breastfeeding while taking this medicine.

Who should seek consultation

1. The following persons should consult a doctor, pharmacist or registered salesperson before taking this medicine:
 - (1) Persons under treatment by a doctor
 - (2) Women who are or may be pregnant
 - (3) Persons who have experienced allergic symptoms to medicines
 - (4) Persons with a weak body (if you have lost physical strength, or are physically weak)
 - (5) Persons who have a weak stomach/intestines and are prone to diarrhea
2. Stop taking this medicine immediately and ask a doctor, pharmacist, or registered salesperson with this leaflet if the following symptoms appear after taking this medicine because they may be side effects of the medicine.

Affected area	Symptoms
Skin	Rash/redness, itching
Digestive organs	Stomach discomfort, loss of appetite, nausea, vomiting, diarrhea with severe abdominal pain, abdominal pain

3. The following symptoms may appear after taking this medicine. Stop taking this medicine and ask a doctor, pharmacist, or registered salesperson with this leaflet if such symptoms continue or increase.
Constipation, diarrhea
4. If symptoms do not improve after taking this medicine for a while, stop taking this medicine and ask a doctor, pharmacist, or registered salesperson with this leaflet.
5. Menstruation may start earlier than scheduled, or the amount of menstrual flow may increase after taking this product. If menstruation lasts longer than usual, consult a doctor, pharmacist or registered salesperson with this leaflet.

INDICATIONS

Menopausal syndrome, menopausal neurosis, chinomichi disease Note), hot flushes, irregular periods, abnormality in menstruation, menstrual pain, stiffness in the shoulder, sensitivity to cold, rough skin, dizziness, buzzing in the ear, palpitation, anemia, acne, constipation, hysteria, vaginal discharge, before and after childbirth, lower abdominal and lower back pain, blood-pressure abnormal, headache, dull headache

Note) “Chinomichi disease” refers to mental and physical symptoms such as mental anxiety or frustration caused by hormonal changes in women in the case of menses, pregnancy, delivery, after childbirth, and menopause

DOSAGE AND DIRECTIONS

Take 4 tablets at one time, 3 times daily after each meal with cold or warm water.

<Precautions regarding dosage and directions>

- (1) Please follow the designated dosage and directions.
 - (2) Be sure to close the cap tightly after each use, because the medicine tends to absorb moisture easily.
- Persons under 15 years of age should not take this medicine.

INGREDIENTS AND CONTENTS

	In one daily dose (12 tablets)		
Powdered rhubarb·····	175mg	Safflower·····	50mg
Powdered Japanese valerian·····	207mg	Thiamine chloride hydrochloride (vitamin B ₁) ···	5mg
Powdered cinnamon bark·····	170mg	Riboflavin (vitamin B ₂) ·····	1mg
Powdered cnidium rhizome·····	100mg	Pyridoxine hydrochloride (vitamin B ₆) ·····	0.5mg
Powdered atractylodes lancea rhizome··	100mg	Cyanocobalamin (vitamin B ₁₂) ·····	1 μ g
Powdered peony root·····	300mg	Calcium pantothenate·····	5mg
Powdered poria sclerotium·····	175mg	Folic acid·····	0.5mg
Powdered Japanese angelica root·····	300mg	Taurine·····	90mg
Powdered cyperus rhizome·····	50mg	dl-α-tocopherol succinate (vitamin E) ·····	5mg
Evodia fruit·····	40mg	Dibasic calcium phosphate hydrate·····	10mg
Pinellia tuber·····	75mg	Biotin·····	1 μ g
Powdered ginseng·····	40mg	purified soybean lecithin·····	10mg

As inactive ingredients, this medicine contains aluminum silicate, magnesium stearate, shellac, talc, calcium carbonate, titanium oxide, potato starch, gelatin, sucrose, erythrocin, new coccine, sunset yellow FCF, yellow beeswax, and carnauba wax.

PRECAUTIONS FOR STORAGE AND HANDLING

- (1) Keep the cap tightly closed and store this medicine in a dry and cool place away from direct sunlight.
- (2) Keep out of the reach of children.
- (3) Do not transfer this medicine to another container (it may cause improper use or loss of quality).
- (4) Do not handle the product with wet hands.
- (5) Do not eat desiccant.

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