

Category 2 OTC medicines

Kampo product

**命の母ホワイトシリーズ チラック**

販売名：チラック

**Precautions for use****Who should seek consultation**

- The following persons should consult a doctor, pharmacist or registered salesperson before taking this medicine:
  - (1) Persons under treatment by a doctor.
  - (2) Persons who are or may be pregnant.
  - (3) Persons who have a weak stomach/intestines and are prone to diarrhea.
  - (4) The elderly
  - (5) Persons with the following symptoms: Edema
  - (6) Persons diagnosed as having the following: Hypertension, heart disease, kidney disease
- Stop taking this medicine immediately and ask a doctor, pharmacist, or registered salesperson with this pouch 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	Loss of appetite, stomach discomfort, abdominal pain

In rare cases, the following serious symptoms might occur. In that case, consult a physician immediately.

Name of symptom	Symptoms
Pseudoaldosteronism, myopathy	In addition to listlessness, numbness, stretched feeling and stiffness of hands and feet, feeling of weakness and muscular pain will appear and gradually become worsen.

- The following symptom may appear after taking this medicine. Stop taking this medicine and ask a doctor, pharmacist, or registered salesperson with this pouch if the following symptom persists or exacerbates: Diarrhea
- If symptoms do not improve after taking this medicine for about one month (one week for hemorrhoidal bleeding), stop taking this medicine and consult a physician, pharmacist, or registered salesperson taking this pouch with you.
- If you take this medicine for a long time, ask a doctor, pharmacist, or registered salesperson.

**INDICATIONS**

The following symptoms in persons with moderate or slightly poor physical strength, sensitivity to cold, and bleeding tendency and without gastrointestinal disorder:  
Menstrual disorder/heavy menstrual bleeding/irregular bleeding, hemorrhoidal bleeding, anemia, and subcutaneous bleeding

## DOSAGE AND DIRECTIONS

Take the following amount of medicine before or between meals with water or warm water.

Age	One dose	Daily number of taking
Adult (15 years or over)	5 tablets	3 times
Under 15 years	Do not take	

<Precautions regarding dosage and directions>

Please follow the designated dosage and directions.

- Between meals means “between each meal” and refers to about 2 to 3 hours after meal.

## INGREDIENTS AND CONTENTS

In one daily dose (15 tablets) Kyukikyogaito extract 3.8 g

Extracted from

Cnidium rhizome	1.5 g	Glycyrrhiza	1.5 g
Artemisia leaf	1.5 g	Gelatin	1.5 g
Japanese angelica root	2.25 g	Peony root	2.25 g
Rehmannia root	3.0 g		

As inactive ingredients, this medicine contains anhydrous silicic acid, aluminum silicate, CMC-Ca, magnesium stearate, and lactose.

- Since this medicine uses natural ingredients (herbal compounds), the color of tablets may vary for individual products.

## PRECAUTIONS FOR STORAGE AND HANDLING

- (1) Keep the zipper 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 the medicine to another container. (it may cause improper use or loss of quality)
- (4) Do not handle this medicine with wet hands.

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