

Category 2 OTC medicines

Kampo product

命の母ホワイトシリーズ

ホワイトルナ 加味逍遙散錠 (カミショウヨウサンジョウ)

販売名：ホワイトルナ 加味逍遙散錠

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 and intestines
 - (4) The elderly
 - (5) Persons who have experienced symptoms such as rash, redness, and itching due to medicines
 - (6) Persons with the following symptoms: Edema
 - (7) 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	Nausea/vomiting, loss of appetite, stomach discomfort

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.
Hepatic function disorder	Symptoms such as fever, itching, rashes, jaundice (yellowing of the skin and white part of the eye), brown urine, heaviness of the whole body, and loss of appetite will appear.
Mesenteric phlebosclerosis	Abdominal pain, diarrhoea, constipation, and abdominal distension, etc. may occur repeatedly with long-term oral administration.

- 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 1 month, stop taking this medicine and ask a doctor, pharmacist, or registered salesperson with this pouch.
- 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 lower physical strength who suffer from hot flushes and stiff shoulders, easily get tired, have neuropsychiatric symptoms such as mental anxiety and irritability, and a tendency to occasional constipation: Sensitivity to cold, weak constitution, irregular menstruation, dysmenorrhea, menopausal disorder, chinomichi disease ^{Note)}, and insomnia.

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 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)	4 tablets	2 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 (8 tablets) Kamishoyosan extract (1/2 dose) ··· 1.9 g

Extracted from			
Japanese Angelica Root	1.5 g	Peony root	1.5 g
Atractylodes lancea rhizoma	1.5 g	Poria sclerotium	1.5 g
Bupleurum root	1.5 g	moutan bark	1.0 g
Gardenia fruit	1.0 g	Glycyrrhiza	1.0 g
Ginger	0.5 g	Mentha herb, Japanese mint	0.5 g

As inactive ingredients, this medicine contains anhydrous silicic acid, 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) Be sure to zip the bag closed tightly 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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