

Category 2 OTC medicines

Sedative drug **イララック**

販売名 : イララック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.)

1. Do not take this medicine in combination with the following medicines: other sedative drugs
2. Do not use this medicine regularly for long periods.

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) Persons who are or may be pregnant
 - (3) Persons who are breastfeeding
 - (4) Persons who have experienced allergic symptoms or asthma to medicines
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	Nausea/vomiting, loss of appetite

3. If symptoms do not improve after taking this medicine for 5 to 6 days, stop taking this medicine and ask a doctor, pharmacist, or registered salesperson with this leaflet.

INDICATIONS

Suppression of tension, excitability and irritability, and relief of associated general fatigue and dull headache

DOSAGE AND DIRECTIONS

Take the following amount of medicine with cold or warm water

Age	One dose	Daily number of taking
Adult (15 years and over)	2 capsules	2 times
Under 15 years	× Do not take	

<Precautions regarding dosage and directions>

Please follow the designated dosage and directions.

INGREDIENTS AND CONTENTS

In one daily dose (4 capsules)

Ingredients	Contents	Actions
Passiflora extract	0.1 g (equivalent to 0.7 g of passiflora)	It is extracted from the whole grass of passion flower (Passifloraceae) and has sedative effects.
Japanese valerian extract	0.24 g (equivalent to 1.2 g of Japanese valerian)	It is extracted from the root of Japanese valerian (Valerianaceae) and has sedative effects.
Humulus lupulus (Hops) extract	60 mg (equivalent to 0.852 g of humulus lupulus)	It is extracted from fruit panicles of humulus lupulus (Moraceae) and has sedative effects.
Extract of uncaria thorn	45 mg (equivalent to 0.45 g of uncaria thorn)	It is extracted from stems and branches of uncaria rhynchophylla (rubiaceae) and has sedative effects.

As inactive ingredients, this medicine contains hydroxypropylcellulose, CMC-Ca, calcium lactate, anhydrous silicic acid, potato starch, gelatin, sodium lauryl sulfate, Yellow No.4 (tartrazine) and Blue No. 1.

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

PRECAUTIONS FOR STORAGE AND HANDLING

- (1) 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).

Sold by: Kobayashi Pharmaceutical Co., Ltd.

Doshomachi Bldg., 4-10, Doshomachi 4-chome, Chuo-ku, Osaka-shi, 541-0045, Japan

Website: <https://www.kobayashi.co.jp>