

Category 2 OTC medicines

Kampo product

漢方ナイトミン抑肝散錠

販売名：漢方ナイトミン 抑肝散錠

Precautions for use**Who should seek consultation**

- The following persons should consult a doctor, pharmacist or registered salesperson before taking this medicine.
 - Persons under treatment by a doctor.
 - Persons who are or may be pregnant.
 - Persons who have a weak stomach and intestines.
 - Persons who have experienced symptoms such as rash, redness, and itching due to medicines.
- Stop taking this medicine immediately and ask a doctor, pharmacist, or registered salesperson with this package 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

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

Names of symptoms	Symptoms
Interstitial pneumonia	When you climb up stairs or exert yourself too much, symptoms such as shortness of breath, breathing difficulties, dry cough, and fever will appear. They will appear suddenly and persist.
Heart failure	Difficulty breathing on exertion, easily fatigued, swollen legs, rapid weight gain.
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.

- 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 leaflet.

INDICATIONS

For the following symptom of people with moderate physical fitness who are nervous, irritable, and frustrated : Neurosis, insomnia, bruxism, menopausal syndrome, chinomichi disease

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 immediately before or between meals, with cold 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)

Yokukansan extract (3/5 dose) .. 1.98 g

<Converted into the original crude drug>

Japanese angelica root	1.8 g	Uncaria hook	1.8 g
Cnidium rhizome	1.8 g	Atractylodes lancea rhizoma...	2.4 g
Poria sclerotium	2.4 g	Bupleurum root.....	1.2 g
Glycyrrhiza.....	0.9 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 components), 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 this 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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