

Category 2 OTC medicines

Kampo product

# ナイシトール Za

販売名：ナイシトールZ 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 any of the following medicines while taking this medicine.  
Other cathartic agents (purgative)
2. 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) Persons who are or may be pregnant
  - (3) Persons who is physically weak (declining of physical strength or constitutional weakness)
  - (4) Persons with weak stomach and intestine who have a tendency to diarrhea
  - (5) Persons with significant sweating trend
  - (6) The elderly
  - (7) Persons who have experienced rash/redness and itching, etc. to medicines
  - (8) Persons with the following symptoms: Edema, urination difficulty
  - (9) Persons diagnosed as having the following: Hypertension, heart disease, kidney disease, thyroid disease
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 system	Nausea, vomiting, loss of appetite, stomach discomfort, abdominal distension, diarrhea with severe abdominal pain, abdominal pain
Neuropsychiatric system	Dizziness
Other	Sweating, palpitations, edema, headache

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

Name 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.
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 failure	Symptoms such as fever, itching, rash, 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 phleboscrosis	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 leaflet if the following symptom persists or exacerbates: Diarrhea, constipation
- If symptoms do not improve after taking this medicine for about 1 month (about 1 week when taking this medicine for constipation), stop taking this medicine and ask a doctor, pharmacist, or registered salesperson with this leaflet.
- If you take this medicine for a long time, ask a doctor, pharmacist, or registered salesperson.

## INDICATIONS

The following symptoms in persons with large amount of subcutaneous fats in the abdomen and hard bowel movements, who have fulfilling physical performance:

Obesity, palpitations/stiff shoulders/hot flush/edema/constipation associated with hypertension and obesity, empyema (sinusitis), eczema, dermatitis, pimples (acne)

## 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	x Do not take	

<Precautions regarding dosage and directions>

- Please follow the designated dosage and directions.
  - Be sure to close the cap tightly after each use, because the medicine tends to absorb moisture easily.
- 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)

Bofutsushosan extract..... 5.0 g

Extracted from

Japanese angelica root .....	1.2 g	Peony root .....	1.2 g
Cnidium rhizome.....	1.2 g	Gardenia fruit.....	1.2 g
Forsythia fruit .....	1.2 g	Mentha herb, Japanese mint .....	1.2 g
Ginger .....	1.2 g	Schizonepeta spike .....	1.2 g
Saposhnikovia root.....	1.2 g	Ephedra herb.....	1.2 g
Rhubarb.....	1.5 g	Anhydrous Sodium sulfate .....	1.5 g
Atractylodes rhizome .....	2.0 g	Platycodon root .....	2.0 g
Scutellaria root .....	2.0 g	Glycyrrhiza .....	2.0 g
Gypsum.....	2.0 g	Aluminum silicate hydrate with silicon dioxide .....	3.0 g

As inactive ingredients, this medicine contains silicic anhydride, aluminum silicate, CMC-Ca, magnesium stearate, and corn starch.

- 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 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 this medicine with wet hands.
- (5) The padding in the bottle is to prevent damage during transportation. Discard it after opening.

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