

Biofermin® Magnesium Oxide Laxative

- ◆ This product contains non-irritating ingredients, causing less abdominal pain
Since magnesium oxide does not directly stimulate the bowel, repeated doses are unlikely to cause abdominal pain or lead to habitual use.
- ◆ This product facilitates natural-feeling bowel movement
Magnesium oxide makes bowel movements easier because it provides water to stools and makes hard stools moderately soft.
- ◆ Lactic acid bacteria are effective against constipation
Lactic acid bacteria improve a disturbed intestinal environment and constipation.

Indication

- Constipation
- Relief of the following symptoms due to constipation: skin roughness, eruption, dull headache, hot flush, loss of appetite (anorexia), hemorrhoids, abnormal fermentation in the intestines, and fullness in the abdomen

Dosage and administration

Take the following dose once a day with cold or lukewarm water at bedtime (or on an empty stomach). However, start with the minimum dose and increase or decrease the dose gradually depending on bowel movement or condition.

15 years or over: 3 to 6 tablets per dose, once daily

11 to 14 years: 2 to 4 tablets per dose, once daily

7 to 10 years: 2 to 3 tablets per dose, once daily

5 to 6 years: 1 to 2 tablets per dose, once daily

Under 5 years: Do not take

Precautions of Dosage and Administration

- Comply with the dosage and administration instructions.
- The use of the medicine in children should be supervised by a parent.
- Children under 5 years old should not take this medicine. It may get stuck in the throat.

Ingredient and amount

In 6 tablets (the maximum dose for persons \geq 15 years old)

Magnesium oxide 2,000mg

Lactomin (Lactobacillus) 20mg

Excipients

Cellulose, Croscarmellose Sodium, Calcium Stearate

Precautions

When not to use the product

(If you do not follow these instructions, the current symptoms may worsen or adverse reactions are more likely to occur)

- This medicine should not be taken together with the following medicines

Other cathartic agents

Consultation

- The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before administration

Patients undergoing medical treatment from a physician.

Pregnant women or women suspected of being pregnant.

The elderly.

Persons with the following symptoms.

Severe abdominal pain, nausea and vomiting

Persons diagnosed as having the following.

Kidney disease

- The following symptoms may indicate adverse reactions if observed after using this product, so immediately discontinue use and show the package insert to a physician, pharmacist, or registered salesperson for consultation

Gastrointestinal system: severe abdominal pain, nausea and vomiting

Neuropsychiatric system: intense sleepiness, decreased consciousness

Cardiovascular system: dizziness when standing up, slowing pulse

Respiratory system: breathing difficulties

Other: muscle weakness, dry mouth

- The following symptoms may be observed after taking this medicine. If these symptoms persist or worsen, discontinue the use of this medicine, and consult a physician, pharmacist or registered salesperson bringing the package insert with you
Diarrhea
- When symptoms do not improve even after taking this medicine for about 1 week, stop taking this medicine and consult a physician, pharmacist or registered salesperson, being sure to take the package insert with you

Precautions for storage and handling

- Store in a cool, low humidity place away from direct sunlight with an air tight closure on.
- Store the product beyond the reach of children.
- Do not transfer the medicine to other containers. (It may lead to misuse or quality deterioration.)
- Discard the filling in the bottle immediately after opening the lid.
(This filling prevents tablets from breaking during transportation. If the filling is taken in and out of the bottle, it may absorb moisture, degrading quality, or may cause contamination.)
- The jar contains a drying agent. Do not ingest.
- Tightly close the bottle cap after each use.
(Other smells are transferred, and moisture degrades the quality.)
- Do not take the product past the expiration date.
- Please write the date on which you opened the bottle in the space for "Date of Opening" on the box and bottle.
- Once you open the package, take it as soon as possible, ideally within 6 months after opening to ensure its quality.

11

【Disclaimer on Multilingual Product Information】

- This product is a pharmaceutical product approved under a Japanese law, the Law for Ensuring the Quality, Efficacy and Safety of Drugs and Medical Devices, with a view to its sale and use in Japan.
- Multilingual product information is a translation of the product labeling written in Japanese and provided for your information only. It does not warrant that its contents and the product itself conforms to laws and regulations in countries other than Japan.
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