

● Contains lactic acid bacteria and vitamins C, B2 and B6. ● Improves the intestinal microbiome and regulates bowel movement. Bifidobacterium, which acts on the large intestine, and Lactomin, which acts on the small intestine, regulate the intestinal microbiome and effectively treat constipation and abdominal distention (Abdominal fullness). ● Offered as lemon-yellow tablets in a user-friendly size

Indication

Intestinal regulation (regulate one's stools), constipation, Abdominal fullness and soft stools

Dosage and administration

Take the following dose with cold or lukewarm water after a meal.
15 years old or over: 2 tablets per dose, 3 times daily
Under 15 years old : Do not take

Precautions of Dosage and Administration

Strictly follow the recommended dosage and administration.

Ingredient and amount

In 6 tablets (daily dosage for persons \geq 15 years old)
Bifidobacterium 18mg
Lactomin 18mg
Vitamin C (Ascorbic acid) 500mg
Vitamin B2 (Riboflavin) 6mg
Vitamin B6 (Pyridoxine Hydrochloride) 12mg

Excipients

Corn starch, Reduced maltose syrup, Carboxymethylcellulose calcium, Erythritol, Magnesium stearate, Aspartame (L-phenylalanine compound), Silicon dioxide

Precautions relating to ingredient

When taking a urinary or fecal test, tell the physician that you are on the medicine. (The medicine may affect the urinary and fecal test values.)
No need to worry if you have yellow urine after taking the medicine because it is caused by the vitamin B2 (Riboflavin) contained in the medicine.
The tablets may have red spots which is vitamin B2 (Riboflavin), an ingredient, but that does not affect the efficacy.

Precautions

Consultation

- The following persons should consult a physician or registered salesperson before taking this medicine.
 - Patients undergoing medical treatment from a physician.
 - Persons diagnosed as having the following.
 - Phenylketonuria
- If the following symptoms are observed after taking this medicine, these may be adverse reactions, so immediately discontinue the use of this medicine, and show package insert to your physician, pharmacist, or registered salesperson for a consultation.
 - Gastrointestinal system: Nausea, Vomiting
- The following symptoms may be observed after taking this medicine. If these symptoms persist or worsen, discontinue the use of this medicine, and show package insert to your physician, pharmacist, or registered salesperson for a consultation.
 - Diarrhea
- When symptoms do not improve even after taking the preparation for about 1 month, stop taking the medicine and consult a physician, pharmacist or registered salesperson, being sure to take 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.
(If the filling is returned to the bottle, it may absorb moisture, degrading the quality. The filling prevents tablets from breaking during transportation.)
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.
Enter the date when you open the bottle in the "Date of opening" columns on the box and bottle.

【Disclaimer on Multilingual OTC Product Information】

- This product is a pharmaceutical product (or quasi medicine) 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.
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