

**Make sure to read this instruction sheet before taking this medicine.
Additionally, store this sheet so that it can be referenced when needed.**

Da Huang Gan Cao Tang formulation

TAISHO KAMPO LAXATIVES

Brand name: TAISHO KAMPO LAXATIVES Class 2 OTC drug <Laxative>

- ◆ TAISHO KAMPO LAXATIVES are the Kampo formulation “Da Huang Gan Cao Tang” that improves constipation and constipation-related skin eruptions, dermatitis, and a bulging stomach (abdominal distension).
- ◆ If taken before bedtime, you will have a near-natural bowel movement the next morning.
- ◆ It is a small, easy-to-take tablet with a score line.



Precautions for Use



Things You Must Not Do

(Failure to follow these precautions may lead to your current symptoms worsening or a greater chance of side effects occurring)

- 1** Do not take the following medicines while taking this drug:
Other cathartic drugs (laxatives)
- 2** Do not take this drug if you are breastfeeding, or avoid breastfeeding if you are taking this drug



Things To Consult On



- 1** The following individuals should consult with their doctor, pharmacist, or a registered seller before using this medicine
 - (1) Persons who are currently being treated by a doctor.
 - (2) Persons who are pregnant or who think they may be pregnant.
 - (3) Persons who are physically frail (persons with declining physical strength or a weak body).
 - (4) Persons with a weak gastrointestinal tract who are prone to diarrhea.
 - (5) Persons who have had allergic symptoms due to medication in the past.
 - (6) Persons with the following symptoms:
Severe abdominal pain, nausea/vomiting
- 2** If any of the following symptoms appear after you have used this medicine, you may be experiencing side effects. As such, please discontinue use immediately and consult with your doctor, pharmacist or registered seller, bringing a copy of this instruction sheet with you
- 3** The following symptoms may appear after taking this medicine. If these symptoms persist or worsen, discontinue use and consult with your doctor, pharmacist, or registered seller, bringing a copy of this instruction sheet with you
Diarrhea
- 4** If symptoms do not improve after 5 to 6 days of taking this medicine, discontinue taking it and consult with your doctor, pharmacist, or registered seller, bringing a copy of this instruction sheet with you

| Relevant Area | Symptoms |
|------------------|--|
| Skin | Rash, redness, itching |
| Digestive system | Diarrhea with severe abdominal pain, nausea/vomiting, abdominal pain |

Components

In 4 tablets

| | |
|---|--------|
| Da Huang Gan Cao Tang extract (2/5 amount) | 400 mg |
| [Rhubarb 1600 mg] | |
| [Licorice 400 mg] | |

Extracts containing rhubarb and licorice as active ingredients regulate the function of the large intestine, allowing you to have near-natural bowel movements.

Note:

- (1) Do not worry if your urine is orange or red after taking this product. This is caused by rhubarb contained in the product.
- (2) Since this drug is a product that uses herbal medicines, the color may vary slightly depending on the product, but the effect will remain the same.

Additives: Magnesium aluminometasilicate, anhydrous silicic acid, white potato starch, carmellose calcium, hydroxypropyl cellulose, magnesium stearate, hydrogenated fat





Efficacy

Alleviation of symptoms such as constipation, headache associated with constipation, hot flashes, eczema, dermatitis, pimples (acne), lack of appetite (decrease in appetite), abdominal distention, abnormal intestinal fermentation, and hemorrhoids

Note: Can be used regardless of physical strength.

Usage/Dosage

Take the following dosages with room-temperature or lukewarm water, without chewing, before bed. However, for the first time, take the minimum dose, and increase or decrease the dose by half or one tablet at a time (up to the maximum dose indicated below) while monitoring the condition and state of your bowel movements.

| Age | Single dose | | Number of doses |
|------------------------------|--|---|-----------------|
| | When you haven't had a bowel movement for 2 to 3 days | When you haven't had a bowel movement for 4 or more days | |
| Adults (15 years and older) | 1 to 3 tablets  | 2 to 4 tablets  | Once per day |
| Children (5 to 14 years old) | Half a tablet or 1 tablet  | 1 or 2 tablets  | |
| Under 5 years of age | Do not take this | | |

Note:

- (1) Strictly follow the prescribed usage and dosage.
- (2) If this medicine is being taken by a child, ensure it is used under the guidance and supervision of a parent or guardian.
- (3) The dose should be reduced for women who are menstruating.
- (4) Do not put tablets that have been touched with wet hands back in the bottle. (This may result discoloration, etc. or a change in quality)

The first time you take this medicine

- ① Peel off the bottle cap seal and discard it.
- ② Remove and discard the filling.

(This filling is intended to prevent damage to capsules during transport. Removing and inserting this repeatedly may cause foreign matter contamination)



Precautions for Storage and Handling

- (1) Store while sealed in a cool, dry place that is out of direct sunlight.
- (2) Store this product out of reach of children.
- (3) Do not transfer to another container. (This may result in misuse or a change in quality)
- (4) Do not use this product beyond its expiration date. Use this medicine within 6 months of opening, even if still within the expiration date. (In order to ensure quality.)



Relieving constipation

First, start by considering your lifestyle habits

- (1) Regular bowel habits

Go to the bathroom once a day at a set time (after breakfast is optimal). It is important not to resist the urge to defecate.



- (2) Improve eating habits

It is also important to eat regular meals three times a day. Eat foods that are rich in dietary fiber (such as leafy greens, pulses, root vegetables, seaweed, etc.) every day, and drink plenty of water.



- (3) Moderate exercise

A lack of exercise is a major cause of constipation. It is also important to do moderate exercise to strengthen your abdominal muscles and massage your stomach.



Disclaimer on Multilingual OTC 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.
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