

- Promotes bowel movements.
- Sodium Picosulfate Hydrate and Lactic acid bacteria soften the stool promote natural defecation.
- Depending on constipations symptoms and you can adjust suitable dose.

### 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 Abdominal fullness

### Dosage and administration

Take this medicine once daily before bed. However, take the minimum dose for the first time and gradually increase/decrease the dose by observing the bowel movement and conditions.

15 years old or over: 3 to 5 pieces per dose, once daily

11 to 14 years old : 2 to 3 pieces per dose, once daily

Under 11 years old : Do not take

### Precautions of Dosage and Administration

Strictly follow the recommended dosage and administration.

How to take out the tablets

• Press the convex part of the PTP sheet containing the tablet firmly with your fingertips, break the aluminum foil on the back side, and take out the tablets.

(If taking the tablets with the blister pack, it will lead to unexpected accidents such as the sharp edge sticking into the esophageal mucosa.)

The take of the medicine in children should be supervised by a parent.

### Ingredient and amount

In 5 tablets (the maximum dose for persons  $\geq$  15 years old)

Sodium Picosulfate Hydrate 7.5mg

Bifidobacterium 20mg

Lactomin 20mg

### Excipients

Corn starch ,Dextrin,Precipitated calcium carbonate ,Lactose,Maltose Syrup Powder,White Soft Sugar,Magnesium stearate

### Precautions

#### To be avoided

(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

- Do not take an excessive amount of this medicine

#### Consultation

- The following persons should consult 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.

Patients who have experienced allergic symptoms associated with medicines, etc.

Persons with the following symptoms:

Severe abdominal pain, nausea and vomiting

- 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.

Skin: rash/redness, itching

Gastrointestinal system: Severe abdominal pain, nausea and vomiting, Bowel sound, feeling of fullness in the abdomen

- 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

- If symptoms do not resolve after the use for about 1 week, discontinue the use of this medicine, and show package insert to your physician, pharmacist, or registered salesperson for a consultation.

### Precautions for storage and handling

Avoid direct sunlight, and store the product in a cool place with low humidity.  
Store the product beyond the reach of children.  
Do not transfer the medicine to other containers. (It may lead to misuse or quality deterioration)  
Do not take the product past the expiration date.  
Enter the date when the inner pouch (aluminum pouch) was opened in the "date of opening" section on the box.  
After opening the inner pouch (aluminum pouch), consume the content as soon as possible hopefully within 6 months after opening the product to ensure product quality.

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**【Disclaimer on Multilingual OTC Product Information】**

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