

This document is an English summary of the package insert written in Japanese, and is provided only for convenience of the consumers who buy and use this product in Japan. Please make sure that you read this document and understand the information of the package insert before taking this product. Please keep the package insert so that you can show it to your doctor or pharmacist whenever you need.

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For maintenance of daily good health

Designated quasi-drugs

Multivitamin product containing vitamins and minerals (calcium and magnesium)

POPON-S

 SHIONOGI & CO., LTD.

Vitamins are essential nutrients which are needed to maintain your healthy life, and each vitamin plays particular roles. Calcium is essential for development of bones and teeth, and magnesium is important for condition of cells and tissues in your body. Necessary nutrients are being replenished from daily foods, but sufficient amount of the nutrients cannot be obtained when physical conditions and/or digestive absorption should get worse. The nutrients are needed in the case of physical tiredness and during the periods of development in childhood, pregnancy, lactation, etc.

Vitamins and minerals are necessary for maintenance and enhancement of your health.

POPON-S contains eight vitamins, calcium and magnesium in a well-balance manner. Especially, vitamin B₁ and vitamin E in POPON-S mean dicethiamine hydrochloride hydrate (vitamin B₁ derivative) with super-absorbency and d-alpha-tocopherol (natural vitamin E) with high bioactivity, respectively.



PRECAUTIONS



Cases to consult

- If you correspond to any of the followings, consult with your doctor or pharmacist:
 - A patient who is in treatment by a doctor.
 - A pregnant woman within three months of conception, a woman who may be pregnant, or a woman who desires to be pregnant. [It has been reported that the incidence of birth abnormality increased in babies born from mothers who were taking 10,000 international units (IU) or more of vitamin A daily during the period from three months before of pregnancy to three months after pregnancy.]
- If the followings are observed, stop taking this product immediately and consult with your doctor or pharmacist showing the package insert and this document.
 - Symptoms described below occurred after taking this product.

Involved sites	Symptoms
Skin	Rash and/or redness, itching
Digestive system	Nausea and/or vomiting, stomach discomfort
 - No improvement despite taking this product for about a month.
- Your menstruation may start earlier than usual, or the amount of menstrual bleeding may increase. If your period lasts longer than usual, consult with your doctor or pharmacist.
- The following symptoms may occur. If they persist or get worse, stop taking this product and consult with your doctor or pharmacist.

Constipation, loose stool, diarrhea.

..... INDICATIONS

- ◇ For adults (15 years or over) :
 - Nutritional support in the cases such as physical tiredness, gastrointestinal disorder, nutrition disorder and febrile debilitating illness and in the periods such as illness, recovery, pregnancy and lactation.
 - Nutritional fortification
 - Weak constitution
- ◇ For children (6 years or over, and under 15 years) ;
 - Nutritional support in the cases such as unbalanced diet, gastrointestinal disorder, nutrition disorder and febrile debilitating illness and in the periods such as physical development, illness and recovery.
 - Nutritional fortification
 - Weak constitution

..... **DOSAGE AND ADMINISTRATION**

Take this product at the following dosage with cool or warm water preferably within 30 minutes after breakfast or supper.

Age	Dose	Number of doses a day
Adults (15 years or over)	2 tablets	Once
Children (6 years or over, and under 15 years)	1 tablet	
Children (under 6 years)	Not allowed	

- Follow the dosage and the administration. This product should be administered with care of overdose when co-administered with other products containing vitamins.
- Children should be administered this product under control of patients.

..... **INGREDIENTS/CONTENTS**

POPON-S is a white oval sugar-coated tablet and contains the ingredients described below in 2 tablets (daily dosage for an adult).

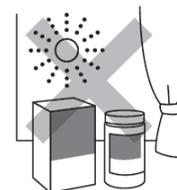
Ingredient	Content (in 2 tablets)
Retinol palmitate ester (vitamin A)	2,000 vitamin A unit
Dicethiamine hydrochloride hydrate (vitamin B ₁ derivative)	10 mg
Riboflavin (vitamin B ₂)	6 mg
Pyridoxine hydrochloride (vitamin B ₆)	8 mg
Nicotinic-acid amide	50 mg
Ascorbic acid (vitamin C)	150 mg
Cholecalciferol (vitamin D ₃)	200 IU
Acetic acid <i>d</i> -alpha-tocopherol (natural vitamin E)	15 mg
Anhydrous dibasic calcium phosphate*	68 mg
Precipitated calcium carbonate*	300 mg
	(*as calcium 140 mg)
magnesium carbonate	79 mg
	(as magnesium 20 mg)

The excipients include natural vitamin E, sorbitan monolaurate, gelatin, sucrose, microcrystalline cellulose, low substituted hydroxypropylcellulose, magnesium stearate, fumaric acid, stearic acid, polyvinyl acetal diethyl aminoacetate, hypromellose, corn oil, glycerin fatty acid ester, calcium silicate, polyoxyethylene (105), polyoxypropylene (5) glycol, copolyvidone, talc, and carnauba wax.

- (1) Your urine may become yellow after taking the product. You have nothing to worry about it because vitamin B₂ in the product was absorbed, utilized and then partially excreted in urine.
- (2) You should inform your doctor that you have taken this product when urine and feces are to be examined, because the administration may affect the data of urinary and fecal tests.

..... **PRECAUTIONS FOR STORAGE AND HANDLING**

- (1) The product should be stored in a well-closed bottle placed in a cool place protected from direct sunlight and at low humidity (If a top of the bottle is poorly closed, the product may be transformed due to humidity and others. Close the top of bottle tightly after every use).
- (2) Keep this product out of the reach of children.
- (3) Do not transfer the product into another bottle (This may cause misuse or quality degradation of the product).
- (4) The padding in the bottle is to prevent damage on the tablets during transportation. Discard it after opening the top (The product is an oval sugar-coated tablet, which may be broken by shock such as falling. You should handle the product with care).
- (5) If the tablets get wet, part of sugar-coating on the surface would dissolve, causing spots on the surface. You should handle the tablets carefully without putting water droplet and touching with wet fingers.
- (6) Once opened, the product should be used up within 6 months in terms of quality preservation.
- (7) Do not take any expired product.



..... **REFERENCES SHOULD BE MADE**

For inquiries or further information on this product, please contact the drug store where you purchased this product or the following.
"Drug Information Center"
SHIONOGI & CO., LTD.
Telephone: Osaka 06-6209-6948, Tokyo 03-3406-8450
Time: 9:00 to 17:00 (except Saturdays, Sundays, and national holidays)

..... **PACKAGING**

POPON-S: 60 tablets, 120 tablets, 240 tablets

Manufactured and Distributed by:
SHIONOGI & CO., LTD.
1-8, Doshomachi 3-chome, Chuo-ku,
Osaka 541-0045, Japan