



This is the English version of the package insert of this product, translated from the Japanese package insert. The English version is provided for consumers who have purchased and use this product in Japan to help their understanding of its details. Please carefully read and fully understand the information given on this package insert before taking this product.

For Vitamin C supplementation

Product name: Cinal EX Chewable Tablets e  
Class 3 OTC drug

Vitamin C Preparation

# Cinal EX Chewable Tablets e



Since humans cannot produce vitamin C in their bodies, it is important to take it every day. **Cinal EX Chewable Tablets e** are suitable for supplementing vitamin C, and the chewable tablets can be dissolved in the mouth or chewed without water. In addition to vitamin C, it also contains natural vitamin E, which has antioxidant properties; and vitamin B2, which supports normal skin function.



## Precautions

Consultation



1. If the following symptoms are observed after taking this drug, these may be adverse reactions, so immediately discontinue the use of this drug, and show this document to your physician, pharmacist, or registered salesperson for a consultation.
- | Affected area           | Symptom   |
|-------------------------|---|
| Gastrointestinal system | Nausea and vomiting, feeling of discomfort in the stomach, feeling of fullness in the stomach, loss of appetite |
2. The following symptom may be observed after taking this drug. If this symptom persists or worsens, discontinue the use of this drug, and show this document to your physician, pharmacist, or registered salesperson for a consultation.  
Diarrhea
3. When symptoms do not improve after taking this drug for about 1 month, stop taking the drug and consult a physician, dentist, pharmacist, or registered salesperson, being sure to take this document with you.

## Indications

1. Supplementation of vitamin C in the following cases:  
Physical fatigue, during pregnancy and lactation, decreased strength during and after illness, and for the elderly
2. Relief of the following symptoms:  
Spots, freckles, and pigmentation due to sunlight/rash
3. Prevention of bleeding in the following cases:  
Bleeding of the gums and nose bleeds.  
(A physician, pharmacist, or dentist should be consulted if there is no improvement in the symptoms listed in the above 2 and 3 after about 1 month of administration.)

## Dosage and administration

Take the following amounts by chewing or dissolving it in the mouth.

Age	Single dose	Daily dosing frequency
Adults (15 years old and over)	2 to 4 tablets	3 times a day
Children between 7 and 14 years old	1 to 2 tablets	
Children between 3 and 6 years old	1 tablet	
Children under 3 years old	Not allowed to take this medicine	

- Strictly follow the prescribed dosage and administration.
- When allowing children to take the medicine, a guardian must be present to watch and tell such them how to take it.
- For children 3 years old and over, caution must be exercised to prevent them from choking on the medicine.

Ingredients and amounts

Cinal EX Chewable Tablets e are yellow chewable tablets, containing the following amounts of ingredients per 12 tablets (maximum daily dose for adults):

Ingredients	Content (per 12 tablets)
As vitamin C [Ascorbic acid Calcium ascorbate]	2000 mg 1950 mg 60.5 mg
Riboflavin butyrate ester (vitamin B2 derivative)	12 mg
d-α-tocopherol acetate (natural vitamin E)	30 mg

Additives include hydrated silicon dioxide, hydroxypropyl cellulose, povidone, powdered reduced maltose syrup, sucralose, sucrose fatty acid esters, flavoring, ethanol, ethyl vanillin, vanillin, and propylene glycol.

- When taking this medicine, your urine may turn yellow. This is because the vitamin B2 contained in this medicine is absorbed and used, and some of it is excreted in the urine, so there is no need to worry.
- This medicine may interfere with some test values on urine and stool, so if you are going to have these tests, please inform your doctor that you are taking this medicine.

Precautions for storage and handling

- (1) Keep the medicine tightly sealed and store in a cool, low humidity place away from direct sunlight.  
(If the bottle cap is not properly closed, the medicine may deteriorate due to moisture, so be sure to close the cap tightly after each use.)
- (2) Keep out of reach of children.
- (3) Do not transfer the medicine to a different container. (It may lead to misuse or alter the quality of the drug.)
- (4) The filling material in the bottle is to prevent the tablets from being damaged during transportation, so be sure to discard it before use. (Since Cinal EX Chewable Tablets e is a chewable tablet, the tablets may be damaged by impacts due to package drops, etc. Be sure to handle the product with care.)
- (5) The bottle contains a desiccant. Do not take it.
- (6) Write the date of opening of the bottle in the "Date of opening" section on the carton.
- (7) Once opening the bottle, use it within 6 months to maintain the quality.
- (8) Do not take the product after its expiration date.



Contact Information

For inquiries about this product, please contact the store where you purchased it or the following:

**Shionogi Healthcare Co., Ltd. "Drug Information Center"**  
Tel: Osaka 06-6209-6948, Tokyo 03-3406-8450  
Reception hours: 9:00-17:00 (excluding Saturdays, Sundays, and holidays)

For information on the "Relief System for Sufferers from Adverse Drug Reactions"  
Pharmaceuticals and Medical Devices Agency (PMDA)  
[http://www.pmda.go.jp/kenkouhigai\\_camp/index.html](http://www.pmda.go.jp/kenkouhigai_camp/index.html)  
Tel: 0120-149-931 (toll-free number)