

For Vitamin C Supplementation

Vitamin C Preparation

Class 3 OTC drug

▼Product features



# Cinal EX Granules<sub>e</sub>



Since humans cannot produce vitamin C in their bodies, it is important to take it every day.

**Cinal EX Granules<sub>e</sub>** are suitable for supplementing vitamin C, and the granules are easy to swallow, rapidly dissolving in the mouth. In addition to vitamin C, they also contain natural vitamin E, which has antioxidant properties; and vitamin B<sub>2</sub>, 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	Symptoms
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 even 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.

Age	Single dose	Daily dosing frequency
Adults (15 years old and over)	1 to 2 sachets	Twice a day
Children between 7 and 14 years old	1 sachet	
Children between 1 and 6 years old	Half sachet	
Infants under 1 year 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.

#### .....Ingredients and amounts.....

Cinal EX Granules e are yellow granules, containing the following amounts of ingredients per 4 sachets (1.0 g x 4 = the maximum daily dose for adults):

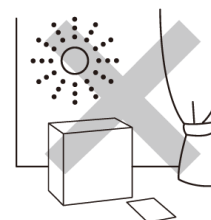
Ingredient	Amount (per 4 sachets)
Ascorbic acid (vitamin C)	2000 mg
Riboflavin butyrate (vitamin B <sub>2</sub> derivative)	12 mg
d-α-tocopherol acetate (natural vitamin E)	30 mg

Additives include hydrated silicon dioxide, hydroxypropyl cellulose, powdered reduced maltose syrup, aspartame (L-phenylalanine compound), 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 B<sub>2</sub> 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) Store in a cool, low humidity place away from direct sunlight.
- (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) When the granules in one sachet are to be taken in two divided doses, keep the remaining granules by folding the opening of the sachet and take them within 2 days.
- (5) 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)