

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.

11

For continued everyday vitality

Designated quasi-pharmaceutical product

Multivitamin preparation (containing calcium and magnesium)

Popon S



Vitamins are essential nutrients for human beings to live healthily, and each vitamin has its own functions in the body. Calcium, a mineral, is an essential nutrient for bone and tooth growth, and magnesium is also an important nutrient for cells and tissues throughout the body. People obtain necessary nutrients mainly from their daily diet; however, when feeling unwell or having poor digestion and absorption, nutrient intake may be insufficient. Also, supplementation of vitamins is necessary for growing children and pregnant and nursing women, and also in cases where the demand for vitamins is increasing due to physical fatigue or such conditions.

Popon S is a healthcare product containing a well-balanced combination of 8 types of vitamins, calcium, and magnesium necessary for health maintenance and enhancement, and nutritional supplementation. Particularly for vitamin B₁, cetotiamine hydrochloride hydrate, which is readily absorbed in the body; and for vitamin E, natural vitamin E, which is highly bioactive, are contained in this product.



Precautions.....

Consultation

1. The following persons should contact a physician or pharmacist for a consultation before administration.
 - (1) Patients undergoing medical treatment from a physician
 - (2) Pregnant women in not more than 3 months of gestation, women who think they may be pregnant or who wish to become pregnant. (There are reports documenting that the incidence of congenital anomalies in newborns increased with pregnant women who had taken 10,000 IU/day or more of vitamin A within 3 months before the pregnancy until 3-month gestation.)
2. In any of the following cases, immediately discontinue the use of this drug, and show this document to your physician or pharmacist for a consultation.
 - (1) In the case when the following symptoms are observed after taking this drug:

Affected area	Symptom
Skin	Rash/redness, itching
Gastrointestinal system	Nausea and vomiting, feeling of discomfort in the stomach
 - (2) In the case when symptoms do not improve even after taking this drug for about 1 month
3. Menstruation may begin earlier than anticipated, or the amount of menstrual bleeding may become larger. If bleeding persists, consult a physician or pharmacist.
4. The following symptoms may be observed after taking this drug. If these symptoms persist or worsen, discontinue the use of this product, and consult a physician or pharmacist:
Constipation, soft stool, diarrhea

.....Indications.....

- ◇ Adults (15 years old and over)
 - Nutritional supplements during physical fatigue, during and after illness (or when physical strength is impaired after illness), GI disorders (or anorexia), nutritional disorders, feverish wearing disease, and during pregnancy or lactation (or before and after labor)
 - Nutrients/tonics
 - Weak constitution
- ◇ Children (between 6 and 14 years old)
 - Nutritional supplements for growing children or children with unbalanced dietary habits, during and after illness (or when physical strength is impaired after illness), GI disorders (or anorexia), nutritional disorders, and feverish wearing disease
 - Nutrients/tonics
 - Weak constitution

.....Dosage and administration.....

Take the following amounts with water or lukewarm water within 30 minutes after a morning or evening meal.

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

- Follow the prescribed dosage and administration. (In the case of Popon S being taken concomitantly with other products containing vitamins or such, caution must be exercised for vitamin overdose.)
- 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.....

Popon S is a white, oval-shaped, sugar-coated tablet, containing the following amounts of ingredients per 2 tablets (the daily dose for adults):

Ingredient	Amount (per 2 tablets)
Retinol palmitate (vitamin A)	2,000 IU of vitamin A
Cetotiamine hydrochloride hydrate (vitamin B ₁ derivative)	10 mg
Riboflavin (vitamin B ₂)	6 mg
Pyridoxine hydrochloride (vitamin B ₆)	8 mg
Nicotinamide	50 mg
Ascorbic acid (vitamin C)	150 mg
Cholecalciferol (vitamin D ₃)	200 IU
<i>d</i> - α -tocopherol acetate (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)

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

- (1) 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.
- (2) 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 product.)
- (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 Popon S is an oval-shaped sugar-coated tablet, the tablets may be damaged by impacts due to package drops, etc. Be sure to handle the product with care.)
- (5) If moisture gets on the tablets, part of the surface sugar-coating may dissolve and some spots may appear, so do not drop water on them by mistake or touch them with wet hands.
- (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)

Manufactured and Distributed by:
Shionogi Healthcare Co., Ltd.
 2-6-18 Kitahama, Chuo-ku, Osaka