

# Popon S Plus



Popon S Plus is a healthcare drug containing 11 types of vitamins and 3 types of minerals that support the maintenance and enhancement of health. This product contains iron, which can be deficient in women; folic acid, the intake of which is recommended for women during pregnancy and lactation; and calcium, which is essential for bone growth, all of which will support the health maintenance of customers who seek a balanced nutritional supplementation.



## Precautions.....

### Consultation



- The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before administration.**
  - Patients undergoing medical treatment from a physician
  - 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.]
  - Patients who have experienced allergic symptoms associated with drugs, etc.
- 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
Skin	Rash/redness, itching
Gastrointestinal system	Nausea and vomiting, feeling of discomfort in the stomach

- When symptoms do not improve even after taking this drug for about 1 month, stop taking the drug and consult a physician, pharmacist, or registered salesperson, being sure to take this document with you.**
- After taking the preparation, menstruation may begin earlier than anticipated, or the amount of menstrual bleeding may become larger. If bleeding persists, consult a physician, pharmacist or registered salesperson, being sure to take this document with you.**
- The following symptoms may be observed after taking this drug. If these symptoms persist or worsen, discontinue the use of this drug, and show this document to your physician, pharmacist, or registered salesperson for a consultation:**  
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 7 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.

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Age	Single dose	Daily dosing frequency
Adults (15 years old and over)	3 to 4 tablets	Once a day
Children (between 7 and 14 years old)	2 tablets	
Infants/toddler (under 7 years old)	Not allowed to take this product	

- 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.
- Do not drink tea or coffee 30 minutes before and after taking this product. (Iron absorption may deteriorate.)

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

Popon S Plus is a pale yellowish-white, sugar-coated tablet, containing the following amounts of ingredients per 4 tablets (the maximum daily dose for adults):

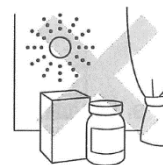
Ingredient	Amount (per 4 tablets)
Retinol palmitate (vitamin A)	2,000 IU of vitamin A
Cetotiamine hydrochloride hydrate (vitamin B <sub>1</sub> derivative)	10 mg
Riboflavin (vitamin B <sub>2</sub> )	6 mg
Pyridoxine hydrochloride (vitamin B <sub>6</sub> )	15 mg
Cyanocobalamin (vitamin B <sub>12</sub> )	60 µg
Nicotinamide	50 mg
Calcium pantothenate *	20 mg
Folic acid	400 µg
Ascorbic acid (vitamin C)	150 mg
Cholecalciferol (vitamin D <sub>3</sub> )	200 IU
<i>d</i> -α-tocopherol acetate (natural vitamin E)	10 mg
Anhydrous dibasic calcium phosphate *	204 mg
Precipitated calcium carbonate *	96.3 mg
(* as calcium	100 mg)
Magnesium carbonate	120.2 mg
(as magnesium	30 mg)
Ferrous fumarate	30 mg
(as iron	10 mg)

Additives include corn oil, natural vitamin E, sorbitan monolaurate, gelatine, sucrose, talc, glyceryl fatty acid ester, hydrated silicon dioxide, calcium lactate hydrate, lactose hydrate, microcrystalline cellulose, hydroxypropyl cellulose, croscovidone, light anhydrous silicic acid, magnesium stearate, hypromellose, copolyvidone, powdered acacia, titanium dioxide, yellow ferric oxide, and carnauba wax.

- (1) 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.
- (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.
- (3) Stools may be colored black due to the iron contained in this product.

#### .....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 Plus is a sugar-coated tablet, the tablets may be damaged by impacts due to package drops or such. Be sure to handle the product with care.)
- (5) The bottle contains a desiccant. Be sure not to take the desiccant by mistake when taking the tablets.
- (6) If moisture gets on the tablets, part of the surface sugar-coating may dissolve and some spots may appear on the tablet surface, so do not drop water on them by mistake nor touch them with wet hands.
- (7) Write the date of opening of the bottle in the "Date of opening" section on the carton.
- (8) Once opening the bottle, use within 6 months to maintain quality.
- (9) 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)  
[https://www.pmda.go.jp/kenkouhiga\\_camp/index.html](https://www.pmda.go.jp/kenkouhiga_camp/index.html)  
Tel: 0120-149-931 (toll-free number)

Marketed by:  
**Shionogi Healthcare Co., Ltd.**  
2-6-18 Kitahama, Chuo-ku, Osaka

Manufactured and Distributed by:  
**Seiko Eiyo Yakuhin Co., Ltd.**  
2-3-28 Himesato, Nishiyodogawa-ku, Osaka