

- 1) \*Revised: October 2014 (Revision to INGREDIENTS/CONTENTS)
- 2) Restorative, health-promoting medication (Herbal liqueur)  
Store this package insert with this product and be sure to read it before use.  
Second-class OTC drug
- 3) Yomeishu®
- 4) [Characteristics] Yomeishu is a restorative herbal liqueur containing 14 varieties of crude drugs. The effects of these drugs to restore strength, warm the body, and improve circulation help enhance the body's natural ability to maintain health and alleviate symptoms over time. Yomeishu can relieve fatigue, regulate gastrointestinal functions, and ease cold hands & feet, thereby leading the body to a healthy condition.
- 5) Restore strength
- 6) Warm the body
- 7) Improve circulation
- 8) As a restorative medication for gastrointestinal weakness, inappetence, ill complexion, cold hands & feet, fatigue, frailty, decreased strength during and after illness.
- 9) PRECAUTIONS  
Contraindications  
(If Yomeishu is used in the following persons, their current symptoms may worsen or adverse reactions/events may occur easily.)
  1. Yomeishu must not be used in the following persons:  
Persons immediately after surgery or delivery (Blood circulation may be enhanced.)
  2. When driving a vehicle, or operating machinery (Yomeishu contains alcohol.)

#### Careful Administration

1. The following persons should consult a physician, a pharmacist, or a registered distributor before use:
  - (1) Patients receiving treatment from a physician
  - (2) Women who are pregnant or may be pregnant
  - (3) Nursing women
  - (4) Persons who have developed allergic symptoms due to drugs, etc.
  - (5) Persons with hypersensitivity to alcohol
2. If any of the following symptoms develop after use, there is a possibility of an adverse reaction occurring. Immediately discontinue this product and consult a physician, a pharmacist, or a registered distributor with this package insert on hand.

Affected area, Symptom
Skin, Rash/Redness, Pruritus
Gastrointestinal, Stomach discomfort
3. If no symptomatic improvements are noted after a certain period of use, discontinue this product and consult a physician, a pharmacist, or a registered distributor with this package insert on hand.

### 1) INDICATIONS

Yomeishu is used as a restorative medication for the following conditions: gastrointestinal weakness, inappetence, ill complexion, cold hands & feet, fatigue, frailty, decreased strength during and after illness.

### 2) DOSAGE AND ADMINISTRATION

For adults: Yomeishu 20 mL/dose should be taken 3 times daily before meals or at bedtime.

#### <Precautions>

Strictly follow the dosage and administration. The upper line of the measuring cup in the package indicates 20 mL. This cup should be rinsed in water after each use and should always be kept clean.

### 3) INGREDIENTS/CONTENTS

Yomeishu 60 mL (daily adult dose) contains the following active ingredients:

JP Epimedium Herb *Epimedi Herba* 114 mg

JP Turmeric *Curcumae Rhizoma* 36 mg

JP Cinnamon Bark *Cinnamomi Cortex* 270 mg

JP Safflower *Carthami Flos* 12 mg

JP Rehmannia Root *Rehmanniae Radix* 60 mg

JP Peony Root *Paeoniae Radix* 60 mg

JP Clove *Caryophylli Flos* 24 mg

JP Eucommia Bark *Eucommiae Cortex* 18 mg

JP Cistanche Salsa *Cistanchis Herba*\* 48 mg

JP Ginseng *Ginseng Radix* 60 mg

JP Saposhnikovia Root and Rhizome *Saposhnikoviae Radix* 96 mg

JP Leonurus Herb *Leonuri Herba* 48 mg

Wusho *Linderae Umbellatae Ramus* 594 mg

Hanpi *Agkistrodon Japonicae* 12 mg

The above crude drugs are macerated as directed under Tinctures in the Japanese Pharmacopoeia.

Inactive ingredients include mirin (sweet sake), alcohol, liquid glucose, and caramel.

Alcohol: 14 vol%

### 4) STORAGE AND PRECAUTIONS FOR HANDLING

(1) Store in a well-closed container at a dry and cool place, protected from direct sunlight.

(2) Keep out of the reach of children.

(3) Do not transfer to another container. (It may lead to misuse or may change the quality.)

(4) Do not use after the expiration date.

(5) If once unsealed, use within several months of unsealing.

(6) Yomeishu has a characteristic flavor which attracts insects etc.; therefore, put the bottle cap back on as soon as possible after use.

(7) Because of the humidity etc., dry solid matters may form and may be found adherent to the bottle mouth or cap. In such a case, wipe them off with a clean gauze etc. before use.

(8) The flavor may be felt somewhat different according to the temperature of the air or liqueur at each dose. However, there is no change in the quality.

- 5) INQUIRIES SHOULD BE MADE TO:  
Customer Service Division, YOMEISHU SEIZO CO., LTD.  
16-25 Nanpeidaicho, Shibuya-ku, Tokyo  
TEL: 03-3462-8222  
Telephone operating hours: 9:00-17:00  
(Not available on Saturdays, Sundays, and public holidays)  
<http://www.yomeishu.co.jp>
- 6) Manufactured and Distributed by:  
YOMEISHU SEIZO CO., LTD.  
16410 Akaho, Komagane-shi, Nagano (Komagane Plant)  
16-25 Nanpeidaicho, Shibuya-ku, Tokyo (Headquarters)
- 7) 14 varieties of crude drugs in Yomeishu
- 8) Epimedium Herb *Epimedium Herba*  
Turmeric *Curcumae Rhizoma*  
Cinnamon Bark *Cinnamomi Cortex*  
Safflower *Carthami Flos*  
Rehmannia Root *Rehmanniae Radix*  
Peony Root *Paeoniae Radix*  
Clove *Caryophylli Flos*
- 9) Eucommia Bark *Eucommiae Cortex*  
Cistanche Salsa *Cistanchis Herba*  
Ginseng *Ginseng Radix*  
Saposhnikovia Root and Rhizome *Saposhnikoviae Radix*  
Leonurus Herb *Leonuri Herba*  
Wusho *Linderae Umbellatae Ramus*  
Hanpi *Agkistrodon Japonicae*