

Information sheet for customer

Tsumura Traditional Remedy for Women L'amour Q [ラムール Q]

【Category ② OTC medicines】

INDICATIONS

Postmenopausal disorders, *chi-no-michi-sho**, menstrual irregularity over-sensitiveness to cold, and symptoms accompanying these conditions:

Menstrual pain, lower back pain, headache, heavy head, hot flushes, stiff shoulder, ear noise, dizziness, palpitation, shortness of breath, insomnia, hysteria, tiredness, and pale complexion.

**Chi-no-michi-sho* is a generic term of neuropsychiatric symptoms such as anxiety and irritation and physical symptoms due to fluctuation of female hormones caused by menstruation, pregnancy, childbirth or menopause.



! CAUTION FOR USE

●Who should seek consultation

1. The following persons should consult a physician, pharmacist, or registered distributor before taking this medicine.
 - (1) Persons undergoing medical treatment from a physician.
 - (2) Persons who have experienced allergic reactions to medicines or something.
2. The following symptoms may be adverse reactions to this medication. If any of these symptoms occur, stop taking this medicine immediately and consult a physician, pharmacist, or registered distributor. Take the instruction leaflet with you.

Related areas	Symptoms
Skin	Rash, redness, itching
Gastrointestinal system	Nausea, loss of appetite

3. Stop taking this medicine and consult a physician, pharmacist or registered distributor if symptoms do not improve after taking this medicine for a long time. Take this leaflet with you.
4. Following symptoms may appear after taking this medicine. If these symptoms continue or worsen, consult a physician, pharmacist or registered distributor. Take this leaflet with you: soft stool, diarrhea.

DOSAGE

Take the following dosages with water or warm water on an empty stomach or before going to bed.

Age	One dosage	Daily dosage
15 years and over	2 tablets	2 times a day
Less than 15 years	Do not use	

INGREDIENTS

This medicine is film-coated tablet of pale red color. 4 tablets of this medicine contain 500 mg of dried extract of following mixed crude drugs

JP Corydalis Tuber	0.91 g
JP Valerian Root	0.61 g
JP Peony Root	0.61 g
JP Japanese Angelica Root	0.61 g
JP Cinnamon Bark	0.43 g
JP Cnidium Rhizome	0.30 g

JP Moutan Bark	0.30 g
JP Poria Sclerotium	0.24 g
JP Atractylodes Lancea Rhizome	0.18 g
JP Rehmannia Root	0.15 g
JP Aurantii Pericarpium	0.15 g
JP Glycyrrhiza	0.12 g
JP Cyperi Rhizome	0.12 g
JP Persicae Semen	0.12 g
JP Coptis Rhizome	0.06 g
JP Ginger	0.03 g
JP Caryophylli Flos	0.03 g
JP Ginseng	0.03 g

and

Senna Extract	25 mg
JP Tocopherol Calcium Succinate	10 mg
JP Nicotinamide	10 mg
JP Calcium Pantothenate	10 mg
JP Folic Acid	5 mg
JP Thiamine Nitrate (V.B1)	5 mg
JP Pyridoxine Hydrochloride (V.B6)	1 mg
JP Riboflavine (V.B2)	1 mg
JP Cyanocobalamin (V.B12)	10 µg

(JP: The Japanese Pharmacopoeia)

Inactive ingredients: JP Light Anhydrous Sialic Acid, JP Crystalline cellulose, JP Titanium oxide, JP Magnesium Stearate, JP Talc, JP Dextrin, JP Hypromellose, JP Macrogol 6000, Yellow iron sesquioxide, Iron sesquioxide.

PRECAUTIONS FOR STORAGE AND HANDLING

- (1) Store in a cool, dry place free from direct sunlight.
- (2) Keep all medication out of the reach of children.
- (3) Do not touch this medicine with wet hands, because it causes spots or discoloration on the film-coated surface.
- (4) Do not intake a desiccant/deodorant in the bottle.
- (5) Discard a packing in a bottle after opening because it is used to prevent the damage of tablets during the transportation, but keep a desiccant/deodorant in the bottle.
- (6) Close the bottle cap tightly after use to prevent the deterioration of tablet quality due to moisture.
- (7) Do not transfer to another container to prevent misuse and quality deterioration.
- (8) Do not take this medicine after the expiration date.

Production of this product has been approved for domestic sales in accordance with the Pharmaceutical Affairs Law of Japan.



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