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This product is manufactured and marketed for domestic sales in accordance with the Japanese laws.
This leaflet, translated from the original package insert created in accordance with Japanese laws, is not in compliance with laws outside Japan.

3rd Class OTC drug

Please read the package insert carefully before use and keep it with this medicine.

Intestinal regulation/
Antiacid/Stomachic

ザ・ガードコーワ整腸錠α3+

THE GUARD KOWA INTESTINAL REGULATION TABLETS α3+ (alpha three plus)

Precautions for use

What to ask a doctor, pharmacist or registered salesperson

❶Ask a doctor, pharmacist or registered salesperson before use if you:

(1) Are currently treated by a doctor.
(2) Have ever had allergic reaction to any medicines, etc.
(3) Have been diagnosed with the following conditions:
Kidney disease, thyroid dysfunction
(4) Are currently taking anticoagulants, "Warfarin".

❷The following symptoms, occurred due to this medicine, may be observed as adverse reactions. If any of the symptoms occur after use, stop use immediately and ask a doctor, pharmacist or registered salesperson with the package insert.

Related area	Symptom
Skin	Rash/redness, itching
Digestive organs	Feeling of fullness in the abdomen, abdominal pain, nausea

❸The following symptoms may occur after use; in case these symptom persists or worsens, stop use and ask a doctor, pharmacist or registered salesperson with the package insert.
Constipation, diarrhea

❹If symptoms do not improve after using for about two weeks, stop use and ask a doctor, pharmacist or registered salesperson with the package insert.

Dosage/directions

Take the tablets with room temperature or warm water after meals.

Age	One dose	Daily dose
Adults (15 years and older)	3 tablets	3 times
8-14 years of age	2 tablets	
5-7 years of age	1 tablet	
Children (Under 5 years of age)	✖ Do not use.	

<Precautions for dosage/directions>

❶Follow the dosage/directions.

❷This medicine should be given to children only under supervision of their guardians.

Indications

Intestinal regulation (regulates bowel movements), loose stools, constipation, feeling of fullness in the stomach/abdomen, indigestion, heavy feeling in the stomach, weak stomach, loss of appetite, overeating, overdrinking, nausea, vomiting, heartburn, dysphagia, stomach distress, stomach heaviness, gastric hyperacidity, burping, stomachache

(Continued overleaf)

Ingredients/contents (in 9 tablets)

Ingredients/contents	
Bacillus natto powder	10mg
Lactomin (lactic acid bacteriae)	30mg
Bifidobacterium	30mg
Dimethylpolysiloxane	84.6mg
Powdered Swertia Herb	30mg
Cinnamon bark powder	30mg
Fennel powder	30mg
Methylmethionine sulfonium chloride	30mg
Precipitated calcium carbonate	300mg
Magnesium hydroxide	300mg
Calcium pantothenate	22.5mg

[Inactive ingredients] Calcium lactate, lactose, hydroxypropyl cellulose, D-sorbitol, cellulose, calcium silicate, silicic anhydride, croscarmellose sodium, *l*-menthol, magnesium stearate, potato starch, silicon dioxide

<Precautions for ingredients/contents>

This product has a unique smell due to the ingredients such as methylmethionine sulfonium chloride.

Precautions for storage and handling

❶Store in a cool and dry place avoiding high temperatures, humidity, and direct sunlight, with cap tightly closed.
❷Keep out of reach of children.
❸Do not transfer the product to another container.
(It may cause misuse and deterioration in the quality.)
❹When tablets get wet with water, the smell may become stronger, or the water may alter the ingredients. Therefore, avoid falling water drops on tablets or handling tablets with wet hands. If tablets accidentally become wet, discard the wet tablets.
❺The cushioning material in the container is for protection of tablets during transportation. Make sure to discard the material once the cap is opened.
❻If the cap of the container is not closed tightly, the quality may deteriorate due to moisture in the air. Therefore, close the cap tightly after each use.
❼Write down the date when the cap is opened in the column on the outer box and on the label.
❽Do not use this product after its validity date (printed on the outer box and on the label) has expired. For quality maintenance reasons, this product should be used within 6 months once the cap is opened.

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