

この説明書は製品についての参考情報です。正しくは製品に添付されている説明書をご確認ください。
This document serves as reference information. Please ensure to read the document attached to the product.

[Keep this information leaflet with this medication and be sure to read it before taking the medication.]

ESFIGHT® GOLD DX

Class 3 OTC drug

Vitamin B₁/B₆/B₁₂ combination product for the relief of asthenopia (eye strain), shoulder muscle stiffness, and lower back pain

- **ESFIGHT GOLD DX** contains vitamins B₁, B₆, and B₁₂, which are essential for the maintenance of muscle and nerve functions, combined with vitamin E and nicotinamide, which support these functions. This product has excellent effects against distressing symptoms in the eyes, shoulders, and lower back.
- Bisbentiamine contained within **ESFIGHT GOLD DX** is a vitamin-B₁ derivative that is excellent in gastrointestinal absorption and tissue distribution.



For eye strain



For shoulder muscle stiffness



For lower back pain

⚠️ Precautions for Use



Consultation

- ① **The following persons should consult a physician, pharmacist, or registered salesperson before taking this medication:**
 - (1) Persons who are receiving any treatment from a physician
 - (2) Persons who have had any allergic reactions to drugs or other substances
- ② **If any of the symptoms listed below develop after taking ESFIGHT GOLD DX, they might be side effects of the medication. Stop taking this medication immediately and consult a physician, pharmacist, or registered salesperson, presenting this leaflet.**



Affected area	Symptoms
Skin	Rash/redness and itching
Gastrointestinal	Nausea/vomiting and stomach discomfort

- ③ **Any of the conditions mentioned below may occur after taking ESFIGHT GOLD DX. If such symptoms persist or worsen, stop taking this product and consult a physician, pharmacist, or registered salesperson, presenting this leaflet.**
Constipation, soft feces, and diarrhea
- ④ **If the symptoms for which this product is being taken are not alleviated after taking the recommended doses for about a month, stop taking the product and consult a physician, pharmacist, or registered salesperson, presenting this leaflet.**
- ⑤ **Menstruation may start earlier than expected or the amount of menstrual bleeding may slightly increase after taking this product. If menstrual bleeding persists for a long period, consult a physician, pharmacist, or registered salesperson, presenting this leaflet.**

Indications

- Relief of the following symptoms:
Asthenopia (eye strain), muscle and joint pain (e.g., shoulder muscle stiffness, lower back pain, and frozen shoulder), neuralgia (nerve pain), and numbness of limbs;
“however, if these symptoms are not alleviated after using this product for about a month, consult a physician or pharmacist.”
- Supplementation of vitamins B₁, B₆, and B₁₂ for persons meeting the following conditions:
Persons with physical fatigue, pregnant or breast-feeding women, and persons with decreased physical strength during or after illness

®: Registered trademark

Dosage and Administration

Take a dose of ESFIGHT GOLD DX once daily with cold or lukewarm water, according to the table below.

Age	Adults (aged 15 years or older)	Children aged 11 to 14 years	Children aged 5 to 10 years	Children under 5 years of age
Dose	2 or 3 tablets	1 or 2 tablets	1 tablet	× This medication must not be taken.

< Precautions Concerning Dosage and Administration >

- (1) ESFIGHT GOLD DX must be used strictly in accordance with the specified dosage and administration.
- (2) This product can be taken at any time before or after taking food.
- (3) Children must take this product only under the supervision of their parents/guardians.

Ingredients and Actions

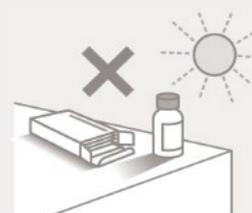
Per 3 tablets

Ingredients	Action
Bisbentiamine (vitamin B ₁ derivative) 100 mg	<ul style="list-style-type: none"> • Vitamins B₁, B₆, and B₁₂, which are essential for the maintenance of muscle and nerve functions, enhance energy production and neurotransmission, thereby alleviating symptoms in the eyes, shoulders, and lower back caused by nervous and/or muscle fatigue.
Pyridoxine hydrochloride (vitamin B ₆) 100 mg	
Cyanocobalamin (vitamin B ₁₂) 1,500 µg	
Tocopherol succinate Ester calcium (vitamin-E tocopherol calcium succinate) 103.58 mg (equivalent to 100 mg of dl-α-tocopherol succinate)	<ul style="list-style-type: none"> • Vitamin E strengthens blood vessels, enhancing blood circulation throughout the body. While vitamin E provides oxygen and nutrients to muscle and nerve tissues where fatigue has built up, it also promotes the elimination of waste products, enhancing the actions of vitamins B₁, B₆, and B₁₂.
Nicotinamide 60 mg	<ul style="list-style-type: none"> • Nicotinamide works in cooperation with vitamins B₁ and B₆ to enhance the production of energy necessary for muscle and nerve tissue activities.

Excipients: carmellose calcium, silicic anhydride, cellulose, white soft sugar, hydroxypropylcellulose, hypromellose, macrogol, D-mannitol, acacia, kaolin, calcium carbonate, carnauba wax, magnesium stearate, talc, titanium oxide, potato starch, and vitamin B₂

Precautions for Storage and Handling

- (1) Store the product in the jar with the lid closed tightly, in a dry, cool place away from direct sunlight.
- (2) Keep out of the reach of children.
- (3) Do not transfer the contents to another container (which may lead to drug misuse or changes in the quality of this product).
- (4) Do not handle this product with wet hands. If the product is handled with wet hands, the sugar coating may become uneven or discolored.
- (5) The filler in the jar is intended to prevent breakage of tablets during transportation. After the package has been opened, the filler is no longer necessary and must be removed.
- (6) Do not take this medication after the expiration date.

**Contact Information**

Inquiries should be made to the drugstore from where you purchased the product or to the customer service office.
 Customer Service Office, SSP Co., Ltd. Phone: 0120-028-193
 Opening hours: 9:00 to 17:00 (closed on Saturdays, Sundays, and Japanese public holidays)



Manufactured and Distributed by:

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<https://www.ssp.co.jp/>