

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

SURULAC[®] MAGNESIUM

Class 3 OTC drug

Non-irritant medication for constipation

- **SURULAC MAGNESIUM** is a non-irritant medication for constipation that does not irritate the intestines and is therefore less likely to cause abdominal pain or lead to habitual drug use.
- Magnesium oxide, the active ingredient of this medication, works to accumulate water in the intestines to moderately soften stools, thereby promoting smooth bowel movements.
- SURULAC MAGNESIUM is recommended for persons who have not previously used any medications for constipation.

Precautions for Use



Contraindications

(If you do not follow the precautions exactly as listed below, you may be placed at increased risk of side effects.)

❶ Do not take the following medications during the period of taking SURULAC MAGNESIUM:

Other cathartics (laxatives)



Consultation

❶ 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) Women who are or may be pregnant
- (3) Older persons
- (4) Persons with the following symptom: severe abdominal pain and nausea/vomiting
- (5) Persons who have received a diagnosis of the following diseases: kidney diseases



❷ If any of the symptoms listed below develop after taking SURULAC MAGNESIUM, 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
Gastrointestinal	Severe abdominal pain or nausea/vomiting
Neuropsychiatric	Severe sleepiness or presyncope (near fainting)
Cardiovascular	Dizziness on standing up or slow pulse
Respiratory	Respiratory distress
Other	Muscular weakness or thirst

❸ The condition mentioned below may occur after taking SURULAC MAGNESIUM. If such a symptom persists or worsens, stop taking this medication and consult a physician, pharmacist, or registered salesperson, presenting this leaflet.

Diarrhea

❹ If constipation and/or the associated symptoms are not alleviated after taking the recommended doses for about a week, stop taking the medication and consult a physician, pharmacist, or registered salesperson, presenting this leaflet.

Indications

- Constipation
- Relief of the following symptoms associated with constipation: abdominal distension, rough skin, skin eruptions, abnormal gut fermentation, inappetence (decreased appetite), hemorrhoids, heaviness of the head, and hot flashes

Dosage and Administration

Take a dose of SURULAC MAGNESIUM with cold or lukewarm water once daily at bedtime (or on an empty stomach), according to the table below. It should be noted that this medication is to be started at the minimum dose for each age range, and the dose is to be gradually increased or decreased depending on the status of bowel movements.

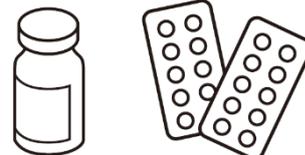
Age	Adults (aged 15 years or older)	Children aged 11 to 14 years	Children aged 7 to 10 years	Children aged 5 to 6 years	Children aged under 5 years
Dose	3 to 6 tablets	2 to 4 tablets	2 to 3 tablets	1 to 2 tablets	✗ This medication must not be taken.

- Recommended timing for dosing on an empty stomach: not less than 2 hours after a meal, whenever possible

< Precautions Concerning Dosage and Administration >

Precautions common to products packaged in resin containers and those supplied in press-through-package (PTP) sheets

- SURULAC MAGNESIUM must be used strictly in accordance with the specified dosage and administration.
- Children must take this product only under the supervision of their parents/guardians.
- SURULAC MAGNESIUM tablets taken in the mouth should be swallowed with a glass (about 180 mL) of cold or lukewarm water.



(Illustration showing removal of the capsule from the PTP sheet)

Precautions common to products supplied in PTP sheets

How to remove the tablet

As shown in the illustration on the right, firmly press the raised portion of the press-through package (PTP) with a fingertip to push the tablet through the aluminum foil on the reverse side.

(If the PTP sheet is mistakenly swallowed, its sharp edges may perforate the esophageal mucosa or lead to incidental events.)

Ingredients and Actions

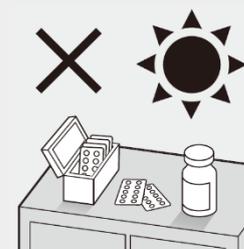
Ingredients	Amount per 6 tablets	Action
Magnesium oxide	2000mg	To accumulate water in the intestines to moderately soften stools, thereby promoting smooth bowel movements

Excipients: cellulose, carmellose calcium, calcium stearate, and l-menthol

Precautions for Storage and Handling

Precautions common to products packaged in resin containers and products supplied in PTP sheets

- Store in a dry, cool place away from direct sunlight.
- Keep out of the reach of children.
- Do not transfer the contents to another container (which may lead to drug misuse or changes in the quality of this product).
- Do not take this medication after the expiration date.



Precautions common to products packaged in resin containers

- Close the lid of the container tightly after each use. If the lid of the container is not tightly closed, the product may deteriorate due to the effects of moisture, etc. Do not handle this product with wet hands.
- The filler in the container 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.



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/>