

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.

Underlined parts: revised in January 2021

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

ESTARON MOCHA® 12

Class 3 OTC drug

Medication to eliminate sleepiness for sleepiness and malaise

- In situations where “sleepiness” and “lassitude” are impairing work and study efficiency, but continued effort is required... **ESTARON MOCHA 12** is effective in eliminating sleepiness.
- The amount of caffeine contained in each dose of **ESTARON MOCHA 12** is equivalent to that contained in 3 to 4 cups of regular coffee, and this product acts on the cerebral cortex to eliminate sleepiness.
- This product also contains vitamins B₁, B₆, and B₁₂, which work in combination with caffeine to eliminate malaise (lassitude).
- The press-through package (PTP) used for this product is convenient for carrying.

Useful in such cases as...



Meetings



Late-night overtime work



Pre-examination study

⚠ 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.)

① The following persons must not take this medication:

- (1) Persons with the following symptom: Hyperchlorhydria (excessive gastric acid secretion)
- (2) Persons who have received a diagnosis of any of the following diseases: Heart disease or gastric ulcers

② Do not take the following medications during the period of taking **ESTARON MOCHA 12**:

Other prophylactic medications against sleepiness

③ Do not take this product with caffeine-containing beverages such as coffee and tea.

④ Take **ESTARON MOCHA 12** over only a short period of time, and do not use this medication for a continuous period.



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) Women who are or may be pregnant
- (3) Breast-feeding women

② If any of the symptoms listed below develop after taking **ESTARON MOCHA 12**, 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
Gastrointestinal	Inappetence and nausea/vomiting
Neuropsychiatric	Tremor, dizziness, anxiety, sleeplessness, and headache
Cardiovascular	Palpitations

Indications

Elimination of sleepiness and malaise

Dosage and Administration

Take a dose of ESTARON MOCHA 12 up to twice daily, according to the table below.

This product must be taken at intervals of not less than 6 hours.

Age	Adults (aged 15 years or older)	Children under 15 years of age
Dose	2 tablets	× This medication must not be taken.

< Precautions Concerning Dosage and Administration >

- (1) ESTARON MOCHA 12 must be used strictly in accordance with the specified dosage and administration.
- (2) Take this product at intervals of not less than 6 hours.
(It has a bitter taste if crushed in the mouth.)
- (3) Swallow the tablet whole without crushing it in the mouth, with cold or lukewarm water.
(It has a bitter taste if crushed in the mouth.)
- (4) 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.)



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

Ingredients

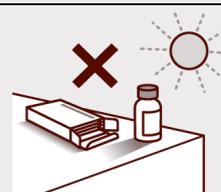
Per 2 tablets

Anhydrous caffeine	200 mg
Thiamine nitrate (vitamin B ₁ nitrate)	5 mg
Pyridoxine hydrochloride (vitamin B ₆)	5 mg
Cyanocobalamin (vitamin B ₁₂)	7.5 µg

Excipients: carmellose sodium, croscarmellose sodium, cellulose, lactose, hydroxypropylcellulose, hypromellose, povidone, macrogol, ethylcellulose, glycerin fatty acid ester, magnesium stearate, talc, titanium oxide, propyl gallate, and caramel

Precautions for Storage and Handling

- (1) Store 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 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/>

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