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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.]

SURULAC® FIBER

Class ② OTC drug

Herbal medication for constipation

- **SURULAC FIBER** is an herbal medication for constipation, containing dietary fiber (powdered plantago ovata husks) and an ingredient (sennoside calcium) derived from the crude drug senna leaf, which together increase the volume of stools, soften stools moderately, and improve intestinal motility to induce bowel movements almost naturally.
- This medication is an easy-to-swallow, yogurt-flavored, granule-type formulation.
- Although there may be individual differences, the standard time for the active ingredient, sennoside calcium, to take effect ranges from 8 to 10 hours.

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 FIBER:**
Other cathartics (laxatives)
- ❷ **Breast-feeding women are advised to not take SURULAC FIBER or stop breast-feeding if this medication is to be taken.**
- ❸ **Do not take more than the specified dosage of this medication.**



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) Persons who have had any allergic reactions to drugs or other substances
 - (4) Persons with the following symptom: severe abdominal pain or nausea/vomiting
 - (5) Persons who have received a diagnosis of the following disease: phenylketonuria
- ❷ **If any of the symptoms listed below develop after taking SURULAC FIBER, 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	Severe abdominal pain or nausea/vomiting

- ❸ **The condition mentioned below may occur after taking SURULAC FIBER. 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

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Dosage and Administration

Take a dose of SURULAC FIBER 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 (1 sachet), 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 under 15 years
Dose	1 to 2 sachets	× 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 >

- (1) SURULAC FIBER must be used strictly in accordance with the specified dosage and administration.
- (2) The SURULAC FIBER granules taken in the mouth should be swallowed with a glass (about 180 mL) of cold or lukewarm water.

Ingredients and Actions

Ingredients	Amount per 2 sachets	Action
Powdered plantago ovata husks	2400 mg	To add water to stools stuck in the intestines, moderately soften the stools, and increase stool volume, thereby inducing defecation desire almost naturally.
Sennoside calcium	66.7 mg (equivalent to 24 mg of sennosides A and B)	Sennosides A and B activated by intestinal bacteria enhance bowel peristalsis (intestinal motility).
Powdered cinnamon bark	100 mg	To improve blood circulation in the intestines, regulating their function.

Excipients: anhydrous silicic acid, D-Sorbitol, hydroxypropylcellulose, glyceryl fatty acid ester, talc, polyoxyethylene polyoxypropylene glycol, ethanol, aspartame (L-phenylalanine compound), and flavoring

- Sennoside calcium, one of the ingredients of SURULAC FIBER, can cause urine to be colored orange or reddish.

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)



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