

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

Class 3 OTC drug

Vitamin B<sub>1</sub>/B<sub>6</sub>/B<sub>12</sub> combination product containing gamma-oryzanol

- **ESFIGHT GOLD** is highly effective against asthenopia (eye strain), shoulder muscle stiffness, and lower back pain. This product contains gamma-oryzanol to assist autonomic nerve functions, in addition to vitamins B<sub>1</sub>, B<sub>6</sub>, and B<sub>12</sub>, which are necessary for the maintenance of nerve and muscle functions.
- Vitamin B<sub>1</sub> (also known as thiamine), which is essential for energy production, is contained in the form of bisbentiamine (a vitamin-B<sub>1</sub> derivative consisting of two thiamine molecules), which is absorbed efficiently.
- During physical fatigue or during or after illness, the demand for vitamins increases and vitamin deficiencies tend to occur. In such cases, this product is useful for the supplementation of vitamins B<sub>1</sub>, B<sub>6</sub>, and B<sub>12</sub>.



For eye strain



For shoulder muscle stiffness



For lower back pain



## Precautions for Use



### Consultation

- ① If any of the symptoms listed below develop after taking **ESFIGHT GOLD**, 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	Nausea/vomiting



- ② Any of the conditions mentioned below may occur after taking **ESFIGHT GOLD**. If such symptoms persist or worsen, stop taking this product and consult a physician, pharmacist, or registered salesperson, presenting this leaflet.  
Soft feces and diarrhea
- ③ 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.

### Indications

- Relief of the following symptoms:  
Neuralgia (nerve pain), muscle and joint pain (e.g., lower back pain, shoulder muscle stiffness, and frozen shoulder), numbness of limbs, and asthenopia (eye strain); "however, if these symptoms are not alleviated after using this product for about a month, consult a physician or pharmacist."
- Supplementation of vitamins B<sub>1</sub>, B<sub>6</sub>, and B<sub>12</sub> 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

**Dosage and Administration**

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	1 tablet	1 tablet	1 tablet	✗ This medication must not be taken.
Daily dosing frequency	Twice or thrice daily	Once or twice daily	Once daily	

It should be noted that, for twice-daily administration, one dose should be taken every morning and evening with cold or lukewarm water; for thrice-daily administration, one dose should be taken every morning, midday, and evening with cold or lukewarm water.

**< Precautions Concerning Dosage and Administration >**

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

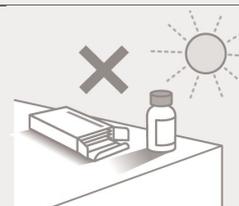
**Ingredients and Actions**  
Per 3 tablets

Ingredients	Action
Bisbentiamine (vitamin-B <sub>1</sub> derivative) 100 mg	<ul style="list-style-type: none"> <li>• Vitamins B<sub>1</sub>, B<sub>6</sub>, and B<sub>12</sub>, 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.</li> </ul>
Pyridoxine hydrochloride (vitamin B <sub>6</sub> ) 100 mg	
Cyanocobalamin (vitamin B <sub>12</sub> ) 1,500 µg	
Gamma-oryzanol 10 mg	<ul style="list-style-type: none"> <li>• Gamma-oryzanol assists autonomic nerve functions and is effective against symptoms such as shoulder muscle stiffness, lower back pain, and muscle pain due to fatigue, which commonly occur in daily life.</li> </ul>

Excipients: anhydrous silicic acid, cellulose, lactose, white soft sugar, hydroxypropylcellulose, hypromellose, D-mannitol, calcium carbonate, carnauba wax, magnesium stearate, talc, titanium oxide, potato starch, pullulan, polyoxyethylene polyoxypropylene glycol, and vitamin B<sub>2</sub>

**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:

**SSP Co., Ltd.**

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