

Disclaimer on Multilingual OTC Product Information

- This product is a pharmaceutical product approved under a Japanese law, the Law for Ensuring the Quality, Efficacy and Safety of Drugs and Medical Devices, with a view to its sale and use in Japan.
- Multilingual product information is a translation of the product labeling written in Japanese and provided for your information only. It does not warrant that its contents and the product itself conforms to laws and regulations in countries other than Japan.
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You should read this document before use. Please keep it so that you can read it when you need to.

Laxative gentle on the rectum and anus

BORRAGINOL[®] SMOOTH

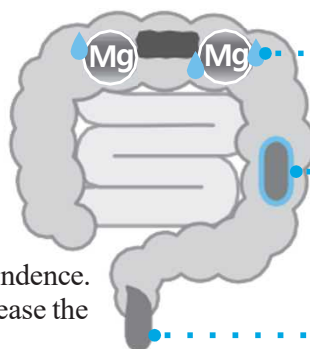
Magnesium hydroxide



Category 3 OTC medicines

CHARACTERISTICS

- Magnesium hydroxide increases stool water content, softening the stools.
- By increasing stool volume, gently stimulates the large intestine, inducing bowel movements without placing a burden to the anus.
- Without direct stimulation to the bowel, this medicine is a non-irritating laxative gentle on the abdomen, rectum and anus, unlikely to cause dependence.
- You can start with a small dose and gradually increase the dose by monitoring your stool condition.
- Available as small-sized and easy-to-swallow tablets.



1
Water is absorbed from the intestinal wall.

2
Stool becomes soft with moisture.

3
Moistened stool reduces burden to the anus.

⚠ PRECAUTIONS

⊗ When not to use the medicine

(If you do not follow these instructions, the current symptoms may worsen or adverse reactions are more likely to occur.)

This medicine should not be taken together with the following medicines.

Other cathartic agents



Consultation

1. The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before use.

- (1) Patients undergoing medical treatment from a physician
- (2) Pregnant women or women suspected of being pregnant
- (3) Persons with the following symptoms: Severe abdominal pain, nausea and vomiting
- (4) Persons diagnosed as having the following: Kidney disease

2. If the following symptoms are observed after taking this medicine, these may be adverse reactions. So discontinue the use of this medicine immediately, and show this document to your physician, pharmacist, or registered salesperson for a consultation.

Affected parts	Symptoms
Gastrointestinal system	Severe abdominal pain, nausea and vomiting

3. The following symptoms may be observed after taking this medicine. If these symptoms persist or worsen, discontinue the use of this medicine, and show this document to your physician, pharmacist, or registered salesperson for a consultation.

Diarrhea

4. When symptoms do not improve even after taking this medicine for about 1 week, stop taking this medicine and consult a physician, pharmacist or registered salesperson, being sure to take this document with you.

INDICATIONS

- Constipation
- Relief of the following symptoms due to constipation: hemorrhoids, dull headache, hot flush, skin roughness, eruption, loss of appetite (anorexia), fullness in the abdomen, and abnormal fermentation in the intestines.

DOSAGE AND ADMINISTRATION

Take the following doses with water or lukewarm water before bedtime (or on an empty stomach). Use the minimum dose for the first time and gradually increase/decrease the dose by observing the bowel movement and conditions.

Age	Dose	Time of medication per day
Adults (15 years old and over)	6 to 18 tablets	Once
11 to 14 years old	4 to 12 tablets	
7 to 10 years old	3 to 9 tablets	
5 to 6 years old	2 to 6 tablets	
Under 5 years old	This medicine should not be taken.	

«PRECAUTIONS CONCERNING DOSAGE AND ADMINISTRATION»

- (1) Strictly follow the DOSAGE AND ADMINISTRATION.
- (2) Children should take this medicine only under the direction and supervision of their parent or guardian.

INGREDIENT/QUANTITY Per 18 tablets (adult daily dose)

Ingredient	Content	Action
Magnesium hydroxide	2,100 mg	Increases stool water content, softening the stools and inducing bowel movements.

Additives: corn starch, white soft sugar, talc, flavor

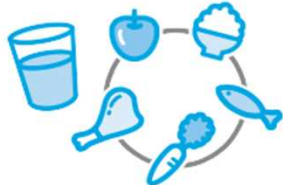
PRECAUTIONS FOR STORAGE AND HANDLING

- (1) Store with a lid in a cool, dry place away from direct sunlight.
- (2) Keep out of reach of children.
- (3) Do not transfer the medicine to a different container. (It may lead to misuse or alter the quality of the drug.)
- (4) Do not take this medicine after its expiration date.
- (5) The stuffing material inside the container is to prevent damage to the tablets during transport. Discard it after opening.

PACKAGING 90 tablets

Points for good stool quality

Regular eating habits Bowel habits



Have well-balanced 3 meals a day with frequent liquid intake. Do not hold when you feel the urge to defecate.

Improve intestinal environment



Increase good bacteria by ingesting probiotics (such as lactobacillus and Bifidobacterium) and prebiotics (such as oligosaccharide and dietary fiber).

Moderate exercise



Do moderate exercises such as stretching and sit-ups. Massage on abdominal area may be helpful to stimulate the bowel slightly.

Manufactured and Distributed by: **Amato Pharmaceutical Products, Ltd.**
1-5-3, Shinsenri Higashi-machi, Toyonaka, Osaka
560-0082

[Read more about the association between constipation and digestive system](#)



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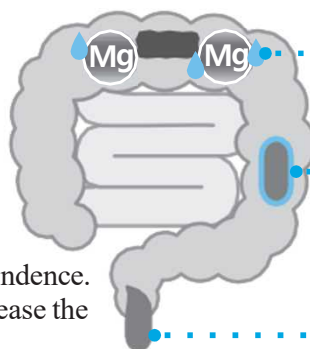
Magnesium hydroxide

Refreshing
with
moistened stools

Category 3 OTC medicines

CHARACTERISTICS

- Magnesium hydroxide increases stool water content, softening the stools.
- By increasing stool volume, gently stimulates the large intestine, inducing bowel movements without placing a burden to the anus.
- Without direct stimulation to the bowel, this medicine is a non-irritating laxative gentle on the abdomen, rectum and anus, unlikely to cause dependence.
- You can start with a small dose and gradually increase the dose by monitoring your stool condition.
- Available as small-sized and easy-to-swallow tablets.



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Affected parts	Symptoms
Gastrointestinal system	Severe abdominal pain, nausea and vomiting

3. The following symptoms may be observed after taking this medicine. If these symptoms persist or worsen, discontinue the use of this medicine, and show this document to your physician, pharmacist, or registered salesperson for a consultation.

Diarrhea

4. When symptoms do not improve even after taking this medicine for about 1 week, stop taking this medicine and consult a physician, pharmacist or registered salesperson, being sure to take this document with you.

INDICATIONS

- Constipation
- Relief of the following symptoms due to constipation: hemorrhoids, dull headache, hot flush, skin roughness, eruption, loss of appetite (anorexia), fullness in the abdomen, and abnormal fermentation in the intestines.

DOSAGE AND ADMINISTRATION

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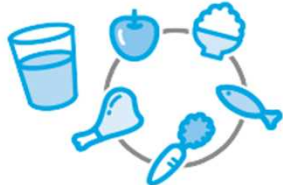
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PACKAGING 270 tablets

Points for good stool quality

Regular eating habits Bowel habits



Have well-balanced 3 meals a day with frequent liquid intake. Do not hold when you feel the urge to defecate.

Improve intestinal environment



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