



# 健のう丸®

KENNOGAN  
(Laxative)

Laxative <herbal medicine preparation>

Designated Class 2 drug

Pill-type medication for constipation made from vegetal ingredients only. Take once before bedtime, and the following day (normally 8 - 12 hours later) bowel movements will be close to normal and comfortable.

MADE IN JAPAN

## Indications

For relief of constipation, and the following symptoms associated with constipation: heavy-head feeling, hot flushes, rough skin, acne, loss of appetite (decreased appetite), abdominal bloating, abnormal enteric fermentation, and hemorrhoids

## Dosage and Administration

Take the following dose once a day before going to bed.

However, symptoms of constipation differ depending on the individual; therefore, for the initial usage, please take the minimum dose, and then increase or decrease the dose by small increments while observing the degree and state of constipation.

	≥ 15 years of age	11 - 15 years of age	7 - 11 years of age
In the absence of bowel movement for 2 - 3 days	6 - 9 tablets	4 - 6 tablets	3 - 4 tablets
In the absence of bowel movement for 4 days or more	9 - 12 tablets	6 - 8 tablets	4 - 6 tablets

## Precautions related to Dosage and Administration

- (1) Please strictly respect the application method and dosage.
- (2) When used for children, please use under the guidance and supervision of the guardian.

## Ingredient, content (in 12 tablets), and action

Ingredient	Content	Action
powdered rhubarb	640mg	Promotes normal bowel motility.
powdered aloe	160mg	
Calcium sennosides	24mg	

Contains gum arabic, dextrin, and macrogol as additives.

## Precautions related to Ingredient and action

- (1) Use of this product may result in urine turning yellowish-brown, or reddish-brown; however, this is attributed to the active ingredient sennoside, and is normal.
- (2) The color and luster of this product can differ due to the incorporation and preparation of the natural ingredients used in this product; however the product effect will not change

# Precautions

## Things to avoid

(if not respected, the present symptoms will exacerbate, and side effects will readily develop)

1. While using this product, please do not use the following pharmaceuticals:  
Other purgatives (laxatives)
2. Breast feeding women should not use this medication, or should avoid breastfeeding while using the product.
3. Do not take in large doses

## Things to consult

1. Before using the product, the following individuals should consult their doctor, pharmacist, or registered sales clerk:

- (1) Individuals receiving medical treatment from a doctor.
- (2) Women who are pregnant or might be pregnant
- (3) Individuals who have a history of drug-induced allergic symptoms.
- (4) Individuals with the following symptoms

Stomach cramps, nausea, and vomiting

2. After usage, if any of the following symptoms occur, they could be side effects; thus, discontinue usage of the ointment immediately, and please consult your doctor, pharmacist, or registered sales clerk with this document.

Site concerned	Symptoms
Skin	Eruption, redness, and itchiness
Gastrointestinal organs	Stomach cramps, nausea, and vomiting

3. After usage, the following symptoms might occur, and when such symptoms persist or intensify, discontinue usage of the product, and please consult your doctor, pharmacist, or registered sales clerk with this document.

4. If symptoms do not improve after usage for 1 week, discontinue usage of the product, and please consult your doctor, pharmacist, or registered sales clerk with this document.