

Brand name: Harnicare Granules

**RISK CATEGORIES**

Designated second-class OTC drug

**CHARACTERISTICS**

- This is a medicine prepared using an original formulation method and specialized for the treatment of urinary symptoms.
- (1) Chocolate flavor and less bitter taste recommended for people who do not like bitterness of drug.
- (2) Powder in stick type pouch is handy to carry around (for travel and outing).
- (3) This is an herbal medicine containing extracts prepared by extracting and concentrating eight crude drugs (Rehmannia Root, Alisma Tuber, Moutan Bark, Poria Sclerotium, Cornus Fruit, Dioscorea Rhizome, Cinnamon Bark, and Roasted Aconite), adding ethanol, separating and removing starch, and evaporating and removing ethanol.
- (4) The medicine relieves mild incontinence, pollakiuria (frequent urination), feeling of residual urine, and vesical tenesmus accompanied by decreased physical strength, decline of the lower body or cold limbs.



**ACTIVE INGREDIENTS**

In 2 pouches for daily dose (5.0g) :  
 Crude drug extract H..... 11 mL  
 Extracted from Rehmannia Root... 5 g,  
 Poria Sclerotium... 3 g,  
 Cinnamon Bark... 1 g,  
 Alisma Tuber... 3 g,  
 Cornus Fruit... 3 g,  
 Roasted Aconite... 1 g,  
 Moutan Bark... 3 g, and Dioscorea Rhizome... 3 g  
 Inactive ingredients: Calcium Silicate, Sucralose, Vanillin, Flavor

**INDICATIONS**

It relieves the following symptoms accompanied by decreased physical strength, decline of the lower body or cold limbs.  
 Mild incontinence, pollakiuria (frequent urination), feeling of residual urine, vesical tenesmus

**PRECAUTIONS FOR USE**

The following precaution should be observed.  
 (If not observed, it may aggravate the current symptoms or increase the risk of adverse reactions.)  
 The following persons should not take this medicine.  
 (1) Persons with gastrointestinal weakness  
 (2) Persons who are prone to diarrhea  
 (3) Persons with the following symptoms

**For further information:**

Manufactured and Distributed by:	TAIHO PHARMACEUTICAL CO., LTD.	
Dosage form	Powder	
Packaging unit	2.5g X 6 pouch	2.5g X 10 pouch
Manufacturer's suggested retail price	JPY 2,505 (JPY 2,277 excluding tax)	JPY 3,770 (JPY 3,427 excluding tax)
JAN Code	4987117612813	4987117612820
Expiration	3 years	

**DOSAGE AND ADMINISTRATION**

Take the following dose with cold or lukewarm water before breakfast and dinner, or between meals.

Age	Adults (15 years and over)	Children (under 15 years)
Dose	1 pouch (2.5g)	Do not use.
Daily dose	Twice daily	

- “Not being aware of incontinence” due to spinal cord injury, dementia, etc.
- “Always having a small amount of incontinence” due to prostate hyperplasia, etc.

#### Consultation

1. The following persons should consult a physician, pharmacist or registered salesperson before using this medicine.
  - (1) Persons under treatment by a physician
  - (2) Pregnant or possibly pregnant women
  - (3) Persons with strong constitution, severe hot flush, and red face
  - (4) Persons with a history of rash, redness, itching, etc. due to any drug
  - (5) Persons using other Kampo preparations (Caution should be exercised to duplicate use of crude drug-containing products.)
2. The following symptoms may be adverse reactions to the medicine. If any of these symptoms occur, discontinue the use of the medicine immediately, and consult a physician, pharmacist or registered salesperson with this leaflet. Affected body system/Symptoms

Affected body system	Symptoms
Skin	Rash, redness, itching
Gastrointestinal	Feeling queasy/vomiting, loss of appetite, stomach discomfort, diarrhea, abdominal pain, constipation
Psychoneurotic	Headache, dizziness
Cardiovascular	Palpitation
Respiratory	Shortness of breath
Urinary	Urinary retention
Others	Hot flush, chills, oedema, numbness of lip/tongue

3. If symptoms do not improve after using the medicine for about two weeks, discontinue the use of this medicine, and consult a physician, pharmacist or registered salesperson with this leaflet.

#### CONTACT

For inquiries, please contact the shop where you purchased the product or the following:

Manufacturer and distributor Contact:

Customer Relations Office, Taiho Pharmaceutical Co., Ltd.

1-27 Kandnishiki-cho, Chiyoda-ku, Tokyo, 101-8444, Japan

Phone: 0120-4527-66 Business hours: 9:00-17:00 (Excluding weekends and holidays)

Website: <https://www.taiho.co.jp/>