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You should read this written explanation before use. Please keep it so that you can read it when you need to.

Newly designated
quasi-drug

For abdominal bloating and intestinal regulation



Rappa Intestinal Regulator BF

protects you from stomach discomfort and helps maintain good digestion

[Features]

- **It accelerates absorption and excretion of gas accumulated in the digestive system.**
With defoaming action of dimethylpolysiloxane, it accelerates absorption and excretion of gas excessively accumulated in the stomach and intestines.
- **A combination of 3 kinds of lactobacilli produces beneficial effects of controlling intestinal function.**
A well-balanced combination of 3 kinds of lactobacilli including lactomin (*E. faecalis* and *L. acidophilus*) and *Bifidobacterium bifidum* produces lactic and acetic acids by increased good bacteria in the small and large intestines. It inhibits the propagation of bad bacteria and produces beneficial effect of controlling intestinal function.
- **Easy-to-swallow fine granules**
Rappa Intestinal Regulator BF has a slightly sweet flavor and comes as easy-to-swallow fine granules. It can be used with confidence by anyone from children 3 years or over to the elderly.
- **This medicine is in an individual aluminum package which is convenient for carrying around.**

[Precautions]

When not to use the product



[If you do not follow these instructions, the current symptoms may worsen, or adverse reactions/incidents are more likely to occur.]

This product should not be taken by the following persons.

Patients who have had an allergic symptom (rash, redness, itching, etc.) to this drug

Consultation



1. The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before administration.
 - (1) Patients undergoing medical treatment from a physician
 - (2) Patients or their family with a predisposition to allergic diseases
 - (3) Patients who have experienced allergic symptoms associated with drugs or cosmetics, etc.
2. When symptoms do not improve even after taking this medicine for about 2 weeks, stop taking this medicine and consult a physician, pharmacist or registered salesperson, being sure to take this package insert (instruction leaflet) with you.

[Indications]

Intestinal regulation (regulation of stool), feeling of fullness in the abdomen, soft stool and constipation

[Dosage and Directions]

Take the following dosages with cold or warm water within 30 minutes after a meal.

Age	One dose	Daily dose
Adult (15 years and older)	1 pack	3 times
11-14 years of age	2/3 pack	
8-10 years of age	1/2 pack	
5-7 years of age	1/3 pack	
3-4 years of age	1/4 pack	
Under 3 years of age	Do not use	

[Dosage and Administration Precautions]

- (1) Follow the dosage and directions.
- (2) When allowing children 3 years old and over to take the medicine, a guardian must be present, and caution must be exercised to prevent them from taking an incorrect dose.

[Ingredients and Contents]

Every 3 packs (maximum daily adult dosage) include the following ingredients:

Active Ingredients		Contents	Effect	
Lactomin	<i>E. faecalis</i>	18 mg	Proliferates rapidly in the small intestine and acts to normalize the disordered intestinal flora* caused by loose stools or constipation.	Intestinal regulation
	<i>L. acidophilus</i>		Proliferates in the small intestine and produces lactic acid to inhibit pathogenic bacteria, thereby maintaining a normal intestinal flora*.	
<i>Bifidobacterium bifidum</i>		24 mg	Mainly inhabits the large intestine as the most beneficial bacterium, and produces lactic acid and acetic acid to inhibit pathogenic bacteria, thereby regulating the intestines.	
Dimethyl polysiloxane		180 mg	Accelerates absorption and excretion of gas in the digestive system and eliminates feeling of abdominal bloating.	Antifoaming

[Inactive ingredients] Magnesium aluminometasilicate, lactose, white sugar, methyl cellulose, polysorbate 80, sorbitan fatty acid ester, anhydrous silicic acid and talc.

*The intestinal flora is a group of bacteria which number more than 100 trillion and fall into 100 different categories inhabiting the human intestines. In a healthy individual, a favorable balance is maintained between the beneficial and the pathogenic bacteria in the intestines. However, when suffering from diarrhea, constipation, irregular diet, stress, or in the elderly, the pathogenic bacteria increases, resulting in an imbalance in the intestine flora.

[Precautions for storage and handling]

- (1) Keep out of reach of children.
- (2) Do not transfer the medicine to a different container. (It may lead to misuse or alter the quality of the drug.)
- (3) Store in a cool, low-humidity place away from direct sunlight.
- (4) Do not use after the use-by date indicated on the package.
- (5) When only using part of one pack of this medicine, close the package tightly by folding the opening, store in a cool and dry place, and take the remainder within 2 days.



Marketing authorization holder

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