



PRIMARY CARE TOKYO OVER-THE-COUNTER MEDICATION HANDBOOK

This handbook has been compiled in hopes of assisting our patients in choosing over-the-counter medications available at local drug stores for various common illnesses and symptoms.

Please note the following prior to using this handbook:

Although we have tried to list the most popular products that are widely available, this is not an all inclusive list. Product names and formulations also change quite frequently, so we recommend confirming the indications for use, ingredients and dosage of any medication prior to use.

Dosages listed are those recommended by the manufacturer and may differ from those recommended for similar products in other countries.

Although every effort has been made to assure the accuracy of the information in the handbook, we do not warrant that the information contained herein is complete or accurate in every respect. Users are encouraged to confirm information with other sources such as the manufacturer, pharmacist, or their physician prior to the use of any medication. Listing of specific indications for the products is not intended to be medical advice nor a recommendation for use of a specific brand or product.

Pediatric medications: Please note that the Food and Drug Administration of the United States has previously issued a public health advisory recommending against the use of nonprescription cough and cold medicines in children under two years of age (please see attached copy of advisory).

Please kindly inform us of any errors, omissions, or suggestions for medications to be included.

FDA Recommends that Over-the-Counter (OTC) Cough and Cold Products not be used for Infants and Children under 2 Years of Age

FDA has completed its review of information about the safety of over-the-counter (OTC) cough and cold medicines in infants and children under 2 years of age. FDA is recommending that these drugs not be used to treat infants and children under 2 years of age because serious and potentially life-threatening side effects can occur.

FDA's recommendation is based on both the review of the information we received about serious side effects in children and the discussion and recommendations made at the October 18–19, 2007, [public advisory committee meeting](#) at which this issue was discussed. FDA strongly supports the actions taken by many pharmaceutical manufacturers to voluntarily withdraw cough and cold medicines that were being sold for use in this age group.

FDA has not completed its review of information about the safety of OTC cough and cold medicines in children 2 through 11 years of age. We are aware of reports of serious side effects from cough and cold medicines in children 2 years of age and older. FDA is committed to completing its comprehensive and thorough review of the safety of OTC cough and cold medicines in children 2 years of age and older as quickly as possible and expects to communicate our recommendations to the public in the near future.

Pending completion of FDA's ongoing review, if parents and caregivers use OTC cough and cold medicines in children 2 years of age and older, FDA recommends:

Checking the "active ingredients" section of the DRUG FACTS label.

This will help you understand what "active ingredients" are in the medicine and what symptoms each active ingredient is intended to treat. Cough and cold medicines often have more than one "active ingredient" (such as an antihistamine, a decongestant, a cough suppressant, an expectorant, or a pain reliever/fever reducer).

Being very careful if you are giving more than one OTC cough and cold medicine to a child.

Many OTC cough and cold medicines have more than one "active ingredient." If you use two medicines that have the same or similar "active ingredients" a child could get too much of an ingredient which may hurt your child. For example, do not give a child more than one medicine that has an antihistamine.

Carefully following the directions in the DRUG FACTS part of the label.

These directions tell you how much medicine to give and how often you can give it. Only using the measuring spoons or cups that come with the medicine or those made specially for measuring drugs. Do not use common household spoons to measure medicines for children since household spoons come in different sizes and are not meant for measuring medicines.

Choosing OTC cough and cold medicines with childproof safety caps, when available, and store the medicines out of the reach of children.

Understanding that using OTC cough and cold medicines are intended only to treat your child's symptom(s).

OTC cough and cold medicines do not treat the cause of the symptoms or shorten the length of time your child is sick. They only relieve symptoms and make your child feel more comfortable.

Not using these products to sedate your child or make children sleepy.

Calling a physician, pharmacist, or other healthcare professional if you have any questions about using cough or cold medicines in children 2 years of age and older.

October 8, 2008

Acne

Page

Clearasil Cream	1
Pair Acne Liquid	2
Pair Acne Cream W	3
Clearasil Medicated Lotion	4

Allergies

Page

Restamin Kowa	5
Stona-Rhini Z	6
Contac Z	7
Allegra FX	8
Pabron Bien Attack	9

Antibacterial (topical)

Page

Teramycin Ointment a	10
Dolmycin ointment	11
Chloromycetin A 2% Ointment	12

Athlete's foot/fungal infections

Page

Lamisil AT Cream	13
Pyroace cream	14
Dermarin Grande X	15
Tamuchinki Powder Spray C	16

Pyroace Z Liquid	17
------------------	----

Cold sores / Herpes Page

Herpecia ointment	18
-------------------	----

Arasena S cream	19
-----------------	----

Constipation Page

Colac II	20
----------	----

Colac Herb	21
------------	----

Colac First	22
-------------	----

Cough Page

Children's SS Bron Ace Syrup	23
------------------------------	----

New Bron Ace Cough Syrup	24
--------------------------	----

Brocode Cough Syrup	25
---------------------	----

New Pabron Cough Syrup	26
------------------------	----

Dandruff Page

Collage Full Full Next Shampoo	27
--------------------------------	----

Dehydration Page

OS-1 Oral rehydration solution	28
--------------------------------	----

OS-1 Powder	29
-------------	----

Diaper rash Page

PolyBaby	30
----------	----

Diarrhea Page

Biofermin Anti-diarrheal	31
--------------------------	----

Children's Stoppa Anti-diarrheal	32
----------------------------------	----

Tomedain Kowa	33
---------------	----

Eye drops Page

Zaditen AL eye drops	34
----------------------	----

Visine	35
--------	----

New MyTear CL-a	36
-----------------	----

Eyebon viscous eye drops	37
--------------------------	----

Iris AG Guard	38
---------------	----

Eye infections Page

Rohto antibacterial eye drops EX	39
----------------------------------	----

Iris Antibacterial Unit Dose	40
------------------------------	----

Fever/pain Page

Alpiny A suppositories	41
------------------------	----

Children's Pabron Suppositories	42
---------------------------------	----

Children's Ringl Satto	43
------------------------	----

Children's Bufferin CII	44
Children's Bufferin Chewable	45
Tylenol A	46
Bufferin A	47
Naron Medical	48

Fever/pain/inflammation

Page

Eve	49
Excedrin	50
Bayer Aspirin	51
Naron Ace	52
Ringl IB	53
Ringl IB alpha	54

Gargle

Page

Isodine Gargle	55
Pabron Gargle 365	56
LuLu Gargle Solution	57

Gas

Page

Gaspitan a	58
------------	----

Hemorrhoids

Page

Borraginol A Ointment	59
-----------------------	----

Borraginol A Suppositories	60
----------------------------	----

Borraginol A Injectable Ointment	61
----------------------------------	----

Indigestion/Dyspepsia	Page
------------------------------	-------------

Gaster 10	62
-----------	----

Ohta's Isan Chewable NEO	63
--------------------------	----

Sodium Bicarbonate	64
--------------------	----

Avalon Z	65
----------	----

Acinon Z	66
----------	----

Insect repellant	Page
-------------------------	-------------

Saratekuto FA	67
---------------	----

Saratekuto Unscented	68
----------------------	----

Muhi Mushipale Alpha	69
----------------------	----

Muhi Mushipale PS	70
-------------------	----

Lice	Page
-------------	-------------

Sumithrin L Shampoo	71
---------------------	----

Motion sickness	Page
------------------------	-------------

Airmit	72
--------	----

Kodomo Cool Sky	73
-----------------	----

Kodomo Senpa S	74
----------------	----

Airmit Satto F	75
----------------	----

Multisymptom cold	Page
Vicks VapoRub	76
Stac Eve NT	77
Pabron N	78
Pabron Gold A tablets	79
Benza Block L	80
Benza Block IP Plus	81
Contac Cough ST	82
New Lulu A Gold DX	83
Contac	84
Stac Eve Fine EX	85
New Stac Eve Ace	86
Colgen IB Clear Capsules	87
Kaigen Cold Capsules	88
Pabron S Gold W	89
Pabron S Gold W	90
Pabron Ace	91
Pabron Kids Cold Syrup	92
New Lulu A s	93

Nasal symptoms	Page
Pabron Nasal Spray	94

Muhi Children's Cold Syrup	95
SATO Nazal AR	96
Contac Rhinitis Spray	97
Pabron Bien	98

Oral ulcers Page

Taisho A Oral Ulcer Ointment	99
------------------------------	----

Oral ulcers / Chelitis Page

Dental Pill Cream	100
-------------------	-----

Other Page

Shabondama Additive-free Shampoo	101
Shabondama Solid Baby Soap	102
Shabondama Foam Baby Soap	103
Shabondama Sunol Baby Detergent	104
Oxydol	105
Iodine Wash	106
Meishoku Calamine Lotion	107
Epsom salts	108

Pain Page

Voltaren EX Gel	109
Feitas Lotion	110

Probiotic

Page

New Biofermin S 111

Rashes / Insect bites

Page

Mentholatum AP Soft Lotion 112

Livimex Kowa Cream 113

Livimex Kowa Ointment 114

Locoidan Cream 115

Locoidan Ointment 116

New Restamin Kowa Ointment 117

Muhi Baby 118

New Una Kowa Cool 119

Una Kowa Alpha 120

Sore throat / Oral pain

Page

Benza Block Troches 121

Pabron Troche AZ 122

Vaginal yeast infections

Page

Meditreat Vaginal Suppositories 123

Meditreat Cream 124

Flady CC Cream 125

Flady CC Vaginal Suppositories 126

Empecid L	127
-----------	-----

Warts/Corns/Callouses

Page

Speel Plasters	128
----------------	-----

Speel Liquid	129
--------------	-----

PRODUCT
NAME

Clearasil Cream

クレアラシル ニキビ治療薬クリーム



PRONUNCIATION: koo-le-ala-she-loo nee-kee-bee chee-lyo-yaku

RECOMMENDED USE: Acne

AGE

All ages*

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 100 gram(s)]

sulfur	3gm
resorcinol	2gm
dipotassium glycyrrhizinate	0.5gm
tocopherol acetate	0.5gm

Notes

*Adult supervision recommended for use in children

PRODUCT
NAME

Pair Acne Liquid

ペアアクネリキッド治療薬



PRONUNCIATION: peh-ah akoo-neh lee-kee-doh

RECOMMENDED USE: Acne

AGE

All ages*

DOSE / FREQUENCY

Apply 2 times a day

INGREDIENTS [contained in: 1 mL]

salicylic acid	5 mg
isopropyl methylphenol	3 mg
allantoin	2 mg

Notes

*Adult supervision recommended for use in children

PRODUCT
NAME

Pair Acne Cream W

ペアアクネクリームW



PRONUNCIATION: peh-ah akoo-neh koo-lee-moo W

RECOMMENDED USE: Acne

AGE	DOSE / FREQUENCY
All ages*	Apply as needed

INGREDIENTS [contained in: 100 gram(s)]

ibuprofen piconol	3gm
isopropyl methylphenol	0.3gm

Notes

*Adult supervision recommended for use in children

PRODUCT
NAME

Clearasil Medicated Lotion

クレアラシル ニキビ対策薬用パウダーロー



PRONUNCIATION: koo-le-ala-she-loo nee-kee-bee taisaku yaku-yo pau-dah low-

RECOMMENDED USE: Acne

AGE

All ages*

DOSE / FREQUENCY

Apply once a day

INGREDIENTS [contained in:]

salicylic acid

Notes

*Adult supervision recommended for use in children

PRODUCT
NAME

Restamin Kowa

レスタミンコーワ糖衣錠



PRONUNCIATION: lesutameen koh-wa toe-ee-joe

RECOMMENDED USE: Allergies

AGE	DOSE / FREQUENCY
Adults	3 pills 3 times a day
11-14 years old	2 pills 3 times a day
5-10 years old	1 pill 3 times a day

INGREDIENTS [contained in: 1 pill(s)]

diphenhydramine hydrochloride 10mg

Notes

Equivalent to Benadryl

PRODUCT
NAME

Stona-Rhini Z

ストナリニ Z



PRONUNCIATION: sutoh-nah-lee-nee Z

RECOMMENDED USE: Allergies

AGE

DOSE / FREQUENCY

Adults

1 tablet once a day

INGREDIENTS [contained in: 1 tablet(s)]

cetirizine

10mg

Notes

Equivalent to Zyrtec

PRODUCT
NAME

Contac Z
コンタック鼻炎 Z



PRONUNCIATION: kon-tah-koo bien Z

RECOMMENDED USE: Allergies

AGE	DOSE / FREQUENCY
Adults	1 tablet once a day

INGREDIENTS [contained in: 1 tablet(s)]

cetirizine	10mg
------------	------

Notes

Equivalent to Zyrtec

PRODUCT
NAME

Allegra FX

アレグラ FX



PRONUNCIATION: ah-leh-goo-lah FX

RECOMMENDED USE: Allergies

AGE	DOSE / FREQUENCY
> 14 years	1 tablet 2 times a day

INGREDIENTS [contained in: 1 tablet(s)]

fexofenadine	60mg
--------------	------

Notes

Equivalent to Allegra

PRODUCT
NAME

Pabron Bien Attack

パブロン鼻炎アタック



PRONUNCIATION: pabulon bee-ehn ah-tah-koo

RECOMMENDED USE: Allergies

AGE	DOSE / FREQUENCY
Adults	1 spray/nostril 2-4 times a day

INGREDIENTS [contained in: 100 gram(s)]

beclomethasone propionate	0.1 gm
---------------------------	--------

Notes

nasal steroid spray

PRODUCT
NAME

Teramycin Ointment a

テラマイシン軟膏a



PRONUNCIATION: teh-lah-mai-sheen nahn-koh

RECOMMENDED USE: Antibacterial (topical)

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

oxytetracycline
polymyxin B

30 mg
10000 units

Notes

PRODUCT
NAME

Dolmycin ointment

ドルマイシン軟膏



PRONUNCIATION: doh-loo-mai-sheen nahn-koe

RECOMMENDED USE: Antibacterial (topical)

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

colistin
bacitracin

50000 units
250 units

Notes

PRODUCT
NAME

Chloromycetin A 2% Ointment

クロロマイセチン軟膏2%A



PRONUNCIATION: koo-low-low-mai-seh-cheen nahn-koe

RECOMMENDED USE: Antibacterial (topical)

AGE	DOSE / FREQUENCY
All ages	Apply as needed

INGREDIENTS [contained in: 100 gram(s)]

chloramphenicol

2gm

Notes

PRODUCT
NAME

Lamisil AT Cream

ラミシールATクリーム



PRONUNCIATION: lah-mee-shee-loo AT koo-lee-moo

RECOMMENDED USE: Athlete's foot/fungal infections

AGE

All ages*

DOSE / FREQUENCY

Apply once a day

INGREDIENTS [contained in: 1 gram(s)]

terbinafine

10mg

Notes

Lamisil. *not recommended for infants.

PRODUCT
NAME

Pyroace cream

ピロエースクリーム



PRONUNCIATION: pee-loh eysu koo-ree-moo

RECOMMENDED USE: Athlete's foot/fungal infections

AGE	DOSE / FREQUENCY
-----	------------------

All ages*	Apply once a day
-----------	------------------

INGREDIENTS [contained in: 100 gram(s)]

lanoconazole	1gm
isopropyl methylphenol	0.3gm
crotamiton	5gm
glycyrrhetic acid	0.5gm
menthol	1gm

Notes

*not recommended for infants.

PRODUCT
NAME

Dermarin Grande X

ダマリングランデX



PRONUNCIATION: dah-ma-leen eh-soo

RECOMMENDED USE: Athlete's foot/fungal infections

AGE	DOSE / FREQUENCY
-----	------------------

All ages*	Apply once a day
-----------	------------------

INGREDIENTS [contained in: 100 gram(s)]

terbinafine	1gm
isopropyl methylphenol	0.3gm
lidocaine	2gm
glycyrrhetic acid	0.5gm
menthol	2gm

Notes

*not recommended for infants.

PRODUCT
NAME

Tamuchinki Powder Spray C

タムチンキパウダースプレー c



PRONUNCIATION: ta-moo cheen-kee pah-oo-dah soo-poo-leh

RECOMMENDED USE: Athlete's foot/fungal infections

AGE

All ages*

DOSE / FREQUENCY

Spray as needed, several times per day

INGREDIENTS [contained in: 1 gram(s)]

clotrimazole	1 mg
lidocaine	2.5 mg
zinc oxide	10 mg
chlorhexidine hydrochloride	0.2 mg
dipotassium glycyrrhizinate	1 mg

Notes

*not recommended for infants. Spray from 3cm distance.

PRODUCT
NAME

Pyroace Z Liquid

ピロエースZ液



PRONUNCIATION: pee-loh eysu Z eki

RECOMMENDED USE: Athlete's foot/fungal infections

AGE	DOSE / FREQUENCY
All ages*	Apply once a day

INGREDIENTS [contained in: 100 mL]

lanoconazole	1 gm
chlorpheniramine maleate	0.5 gm
crotamiton	5 gm
glycyrrhetic acid	0.5 gm
menthol	1 gm

Notes

*not recommended for infants.

PRODUCT
NAME

Herpecia ointment

ヘルペシア軟膏



PRONUNCIATION: heloo-pehshee-ah nahn-koe

RECOMMENDED USE: Cold sores / Herpes

AGE

DOSE / FREQUENCY

6 years and older

Apply 3-5 times per day

INGREDIENTS [contained in: 1 gram(s)]

acyclovir

50mg

Notes

Equivalent to Zovirax ointment / cream

PRODUCT
NAME

Arasena S cream

アラセナSクリーム



PRONUNCIATION: ah-lah-se;nah esu koo-ree-moo

RECOMMENDED USE: Cold sores / Herpes

AGE

All ages*

DOSE / FREQUENCY

Apply 4 times a day

INGREDIENTS [contained in: 1 gram(s)]

Vidarabine

30 mg

Notes

*parenteral supervision is recommended for small children
Ointment type also available

PRODUCT
NAME

Colac II

コーラックII



PRONUNCIATION: ko-la-koo tsoo

RECOMMENDED USE: Constipation

AGE	DOSE / FREQUENCY
Adults	1-3 pills once a day
11-14 years old	1-2 pills once a day

INGREDIENTS [contained in: 1 pill(s)]

dioctyl sodium sulfosuccinate	8mg
bisacodyl	5mg

Notes

PRODUCT
NAME

Colac Herb

コーラックハーブ



PRONUNCIATION: ko-la-koo hah-boo

RECOMMENDED USE: Constipation

AGE	DOSE / FREQUENCY
Adults	1-2 pills once a day

INGREDIENTS [contained in: 1 pill(s)]

sennoside	28.56 mg
licorice root	40 mg

Notes

PRODUCT
NAME

Colac First

コーラックファースト



PRONUNCIATION: ko-la-koo fah-su-toh

RECOMMENDED USE: Constipation

AGE	DOSE / FREQUENCY
> 14 years	1 - 4 pills once a day
11-14 years old	1 - 3 pills once a day

INGREDIENTS [contained in: 4 tablet(s)]

bisacodyl	10mg
dioctyl sodium sulfosuccinate	32mg

Notes

PRODUCT
NAME

Children's SS Bron Ace Syrup

小児用エスエスブロン液エース



PRONUNCIATION: shouni-yo esu esu bu-lon eki ei-su

RECOMMENDED USE: Cough

AGE	DOSE / FREQUENCY
11-14 years old	6 ml 3-6 times a day
8-10 years old	5 ml 3-6 times a day
5-7 years old	3 ml 3-6 times a day
1-4 years old	1 ml 3-6 times a day

INGREDIENTS [contained in: 5 mL]

dihydrocodeine phosphate	2.5mg
guaifenisin	16.7mg
chlorpheniramine maleate	0.7mg
caffiene	6.67mg

Notes

PRODUCT
NAME

New Bron Ace Cough Syrup

新ブロン液エース



PRONUNCIATION: sheen bu-lon eki ei-su

RECOMMENDED USE: Cough

AGE	DOSE / FREQUENCY
Adults	10 ml 3-6 times a day
11-14 years old	6.6 ml 3-6 times a day
8-10 years old	5 ml 3-6 times a day

INGREDIENTS [contained in: 10 mL]

dihydrocodeine phosphate	5mg
guaifenisin	28.3mg
chlorpheniramine maleate	2mg
caffiene	10.33mg

Notes

PRODUCT
NAME

Brocode Cough Syrup

ブロコデせき止め液



PRONUNCIATION: bu-lo ko-de seki doh-meh

RECOMMENDED USE: Cough

AGE	DOSE / FREQUENCY	
Adults	10 ml	3-6 times a day
11-14 years old	6.5 ml	3-6 times a day
8-10 years old	5 ml	3-6 times a day
5-7 years old	3 ml	3-6 times a day
3-4 years old	2.5 ml	3-6 times a day
1-2 years old	2 ml	3-6 times a day
3-11 months old	1 ml	3-6 times a day

INGREDIENTS [contained in: 10 mL]

cherry bark extract	50mg
ginseng radix	16.7mg
dihydrocodeine phosphate	5mg
dL-methylephedrine hydrochloride	10mg
potassium guaiacolsulfonate	40mg
chlorpheniramine maleate	1.75mg
caffiene	15mg

Notes

PRODUCT
NAME

New Pabron Cough Syrup

パブロンせき止め液



PRONUNCIATION: pabulon seki doh-meh eki

RECOMMENDED USE: Cough

AGE	DOSE / FREQUENCY
Adults	10ml 3-4 times a day
11-14 years old	6mL 3-4 times a day
8-10 years old	5mL 3-4 times a day
5-7 years old	3mL 3-4 times a day
1-4 years old	2mL 3-4 times a day
3-12 months old	1mL 3-4 times a day

INGREDIENTS [contained in: 60 mL]

dihydrocodeine phosphate	30mg
dL-methylephedrine hydrochloride	50mg
chlorpheniramine maleate	8mg
guaifenisin	200mg
platycodi radix	0.8gm
cherry bark extract	1.3gm

Notes

PRODUCT
NAME

Collage Full Full Next Shampoo

コラージュフルフルネクスト・シャンプー



PRONUNCIATION: koh-lah-joo foo-loo foo-loo nekoo-soo-toh

RECOMMENDED USE: Dandruff

AGE

DOSE / FREQUENCY

Shampoo once a day

INGREDIENTS [contained in:]

miconazole

Notes

Shampoo containing antifungal for dandruff. Similar to Nizoral (which contains ketoconazole).

PRODUCT
NAME

OS-1 Oral rehydration solution

経口補水液 オーエスワン



PRONUNCIATION: kay-koh ho-sui-eki oh-esu-wahn

RECOMMENDED USE: Dehydration

AGE

DOSE / FREQUENCY

For dehydration as needed

INGREDIENTS [contained in: 100 mL]

sodium	115mg
glucose	1.8gm
potassium	78mg
chloride	177mg
magnesium	2.4mg
phosphate	6.2mg

Notes

Sodium 5mEq, Potassium 2mEq, Chloride 5mEq

PRODUCT
NAME

OS-1 Powder

オーエスワンパウダー



PRONUNCIATION: oh-esu-wahn pah-oo-dah

RECOMMENDED USE: Dehydration

AGE

DOSE / FREQUENCY

For dehydration as needed

INGREDIENTS [contained in: 30 gram(s)]

sodium	1168mg
glucose	18.3gm
potassium	794mg
chloride	1801mg
magnesium	25mg
phosphate	63mg

Notes

30 grams of powder to be diluted in 1 liter of water.

PRODUCT
NAME

PolyBaby
ポリベビー



PRONUNCIATION: po-lee beh-bee

RECOMMENDED USE: Diaper rash

AGE	DOSE / FREQUENCY
Pediatric	Apply 2 times a day

INGREDIENTS [contained in: 10 gram(s)]

vitamin A	10mg
vitamin D	0.01 mg
triclocarban	30mg
diphenhydramine hydrochloride	50mg
zinc oxide	1000mg

Notes

PRODUCT
NAME

Biofermin Anti-diarrheal

ビオフェルミン下痢止め



PRONUNCIATION: bee-oh-fe-loo-meen geh-lee doh-meh

RECOMMENDED USE: Diarrhea

AGE	DOSE / FREQUENCY
Adults	3 pills 3 times a day
11-14 years old	2 pills 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

scopolia extract	11 mg
berberine tannate	100 mg
bifidobacterium bifidum	10 mg
Geranium thunbergii extract	140 mg
paeonia radix	41.7 mg

Notes

PRODUCT
NAME

Children's Stoppa Anti-diarrheal

小中学生用ストッパ下痢止め



PRONUNCIATION: show-choo-gakusay-yo soo-toe-pah geh-lee doh-meh

RECOMMENDED USE: Diarrhea

AGE	DOSE / FREQUENCY
11-14 years old	2 pills every 4 hrs, up to 3 x per day
5-10 years old	1 pill every 4 hrs, up to 3 x per day

INGREDIENTS [contained in: 1 tablet(s)]

scopolia extract	6.67 mg
berberine tannate	33.3 mg

Notes

PRODUCT
NAME

Tomedain Kowa

トメダインコーワ錠



PRONUNCIATION: toe-meh-da-een kowa jo

RECOMMENDED USE: Diarrhea

AGE	DOSE / FREQUENCY
> 14 years	3 tablets 2 times a day

INGREDIENTS [contained in: 6 tablet(s)]

loperamide	1 mg
berberine chloride hydrate	80 mg
acrinol hydrate	80 mg
paeonia radix	200 mg
Geranium thunbergii extract	300 mg

Notes

PRODUCT
NAME

Zaditen AL eye drops

ザジテンAL点眼



PRONUNCIATION: zah-jee-ten ei-elu ten-gahn

RECOMMENDED USE: Eye drops

AGE

All ages*

DOSE / FREQUENCY

2 drops per eye 4 times a day

INGREDIENTS [contained in: 10 mL]

ketotifen fumarate

6.9 mg

Notes

*1 year and older

For allergy related eye symptoms

PRODUCT
NAME

Visine
バイジン



PRONUNCIATION: buy-jeen

RECOMMENDED USE: Eye drops

AGE	DOSE / FREQUENCY
Adults	1~2 drops 3-4 times a day

INGREDIENTS [contained in: 10 mL]

tetrahydrolozine	5mg
------------------	-----

Notes

For eye redness, irritation

PRODUCT
NAME

New MyTear CL-a

NewマイティアCL-a



PRONUNCIATION: nyu-mai-tee-ah

RECOMMENDED USE: Eye drops

AGE	DOSE / FREQUENCY
Adults	2~3 drops 6 times a day

INGREDIENTS [contained in: 1 mL]

sodium chloride	5.5mg
potassium chloride	1.5mg
glucose	0.05mg

Notes

For dry / irritated eyes. May be used with contact lenses in place

PRODUCT
NAME

Eyebon viscous eye drops

アイボントロ〜リ目薬ドライアイ



PRONUNCIATION: ai-bohn toe-low-lee meh-gu-sue-lee

RECOMMENDED USE: Eye drops

AGE	DOSE / FREQUENCY
Adults	1~3 drops 3-6 times a day

INGREDIENTS [contained in: 100 mL]

chondroitin sulfate	500 mg
potassium chloride	50 mg
sodium chloride	300 mg
hypromellose	350 mg

Notes

For dry eyes. May be used with contact lenses in place.

PRODUCT
NAME

Iris AG Guard

アイリスAGガード



PRONUNCIATION: ai-lee-sue AG gah-doe

RECOMMENDED USE: Eye drops

AGE

DOSE / FREQUENCY

Adults

1-2 drops 4 times a day

INGREDIENTS [contained in: 100 mL]

ketotifen fumarate	69 mg
dipotassium glycyrrhizinate	250 mg
taurine	1000 mg

Notes

For allergy related eye symptoms.

PRODUCT
NAME

Rohto antibacterial eye drops EX

ロート抗菌目薬EX



PRONUNCIATION: low-toh koh-keen meh-goo-soo-lee EX

RECOMMENDED USE: Eye infections

AGE

All ages*

DOSE / FREQUENCY

2-3 drops 6 times a day

INGREDIENTS [contained in: 1 mL]

sulfamethoxazole	40mg
chlorpheniramine maleate	0.2mg
dipotassium glycyrrhizinate	1.5mg

Notes

*4 months of age and older
Do not use with soft contact lenses in place.

PRODUCT
NAME

Iris Antibacterial Unit Dose

抗菌アイリス 使いきり



PRONUNCIATION: koe-keen ai-lee-sue

RECOMMENDED USE: Eye infections

AGE	DOSE / FREQUENCY
All ages	2-3 drops 3-6 times a day

INGREDIENTS [contained in:]

sulfamethoxazole	4%
dipotassium glycyrrhizinate	0.25%
epsilon aminocaproic acid	1.0%
pyridoxine	0.1%

Notes

Antibacterial drops for conjunctivitis, styes.

PRODUCT
NAME

Alpiny A suppositories

アルピニーA坐剤



PRONUNCIATION: alupini A za zai

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY
7-10 years old	2 suppositories once a day
6-12 years old	1-2 suppositories once a day
3-5 years old	1 suppository once a day
1-2 years old	1/2 suppository once a day

INGREDIENTS [contained in: 1 suppository]

acetaminophen	100mg
---------------	-------

Notes

A dose of 10mg per kg of body weight every 6 hours is considered safe.

PRODUCT
NAME

Children's Pabron Suppositories

こどもパブロン坐薬



PRONUNCIATION: kodomo pabulon zayaku

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY
6-12 years old	2 suppositories once a day
3-5 years old	1 suppository once a day
1-2 years old	1/2 suppository once a day

INGREDIENTS [contained in: 1 suppository]

acetaminophen	100mg
---------------	-------

Notes

A dose of 10mg per kg of body weight every 6 hours is considered safe.

PRODUCT
NAME**Children's Ringl Satto**

こどもリングルサット



PRONUNCIATION: kodomo lingulu sat-to

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY	
11-14 years old	4 tablets	3 times a day
7-10 years old	3 tablets	3 times a day
5-6 years old	2 tablets	3 times a day
< 5 years old	do not use	

INGREDIENTS [contained in: 4 pill(s)]

acetaminophen 200mg

Notes

Chewable!

A dose of 10mg per kg of body weight every 6 hours is considered safe.

PRODUCT
NAME

Children's Bufferin CII

小児用バファリンCII



PRONUNCIATION: shouniyuo ba-falin CII

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY
11-14 years old	6 pills every 4 hrs, up to 3 x per day
7-10 years old	4 pills every 4 hrs, up to 3 x per day
3-6 years old	3 pills every 4 hrs, up to 3 x per day

INGREDIENTS [contained in: 1 pill(s)]

acetaminophen 33mg

Notes

Does not contain aspirin.

A dose of 10mg per kg of body weight every 6 hours is considered safe.

PRODUCT
NAME**Children's Bufferin Chewable**

小児用バファリンチュアブル



PRONUNCIATION: shouni-yo ba-falin chua-bulu

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY
11-14 years old	4 pills every 4 hrs, up to 3 x per day
7-10 years old	3 pills every 4 hrs, up to 3 x per day
3-6 years old	2 pills every 4 hrs, up to 3 x per day

INGREDIENTS [contained in: 1 pill(s)]

acetaminophen 50mg

Notes

Does not contain aspirin.

A dose of 10mg per kg of body weight every 6 hours is considered safe.

PRODUCT
NAME

Tylenol A
タイレノールA

第2類医薬品



PRONUNCIATION: tailenoulu A

RECOMMENDED USE: Fever/pain

AGE

DOSE / FREQUENCY

Adults

1 tablet every 4 hrs, up to 3 x per day

INGREDIENTS [contained in: 1 pill(s)]

acetaminophen

300mg

Notes

Recommended doses are typically higher in other countries (650 - 1000mg per dose). Do not exceed 4000mg per day.

PRODUCT
NAME

Bufferin A

バッファリンA



PRONUNCIATION: ba-falin A

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY
Adults	2 pills 2 times a day

INGREDIENTS [contained in: 2 pill(s)]

acetaminophen	660 mg
synthetic hydrocortisone	200 mg

Notes

Does not contain aspirin.

PRODUCT
NAME

Naron Medical
ナロンメディカル



PRONUNCIATION: nah-lon meh-dee-kah-loo

RECOMMENDED USE: Fever/pain

AGE	DOSE / FREQUENCY
Adults	2 tablets 2 times a day

INGREDIENTS [contained in: 1 tablet(s)]

ibuprofen	100 mg
-----------	--------

Notes

Recommended dose higher in other countries: 200mg (2 tablets) every 6 hours as needed.

PRODUCT
NAME

Eve
イブ



PRONUNCIATION: ee-bu

RECOMMENDED USE: Fever/pain/inflammation

AGE

Adults

DOSE / FREQUENCY

2 pills every 4 hours, up to 3 x per day

INGREDIENTS [contained in: 2 pill(s)]

ibuprofen

150 mg

Notes

200mg per dose typically recommended in other countries.

PRODUCT
NAME

Excedrin

エキセドリンカプセル



PRONUNCIATION: ekisedolin kapuselu

RECOMMENDED USE: Fever/pain/inflammation

AGE	DOSE / FREQUENCY
Adults	2 pills 2 times a day

INGREDIENTS [contained in: 2 capsule(s)]

aspirin (acetylsalicylic acid)	500mg
acetaminophen	300mg
caffeine	120mg

Notes

PRODUCT
NAME

Bayer Aspirin

バイエルアスピリン



PRONUNCIATION: bai-elü asu-pee-leen

RECOMMENDED USE: Fever/pain/inflammation

AGE	DOSE / FREQUENCY
-----	------------------

Adults	1 pill 3 times a day
--------	----------------------

INGREDIENTS [contained in: 1 pill(s)]

aspirin (acetylsalicylic acid)	500mg
--------------------------------	-------

Notes

PRODUCT
NAME

Naron Ace

ナロンエース



PRONUNCIATION: nalon eisu

RECOMMENDED USE: Fever/pain/inflammation

AGE	DOSE / FREQUENCY
-----	------------------

Adults	2 pills 3 times a day
--------	-----------------------

INGREDIENTS [contained in: 2 pill(s)]

ibuprofen	144mg
ethenzamide	84mg
bromvalerylurea	200mg
caffiene	50mg

Notes

PRODUCT
NAME

Ringl IB

リングルアイビー 200



PRONUNCIATION: rheen-goo-loo ai-bee

RECOMMENDED USE: Fever/pain/inflammation

AGE	DOSE / FREQUENCY
Adults	1 tablet every 4 hrs as needed

INGREDIENTS [contained in: 1 tablet(s)]

ibuprofen	200 mg
-----------	--------

Notes

May take up to every 4 hours

PRODUCT
NAME

Ringl IB alpha

リングルアイビー α 200



PRONUNCIATION: leen-goo-loo aibee alufah

RECOMMENDED USE: Fever/pain/inflammation

AGE	DOSE / FREQUENCY
> 14 years	1 pill 3 times a day

INGREDIENTS [contained in:]

ibuprofen 200 mg

Notes

PRODUCT
NAME

Isodine Gargle

イソジンうがい薬



PRONUNCIATION: ee-sow-jeen oogai goo-sue-lee

RECOMMENDED USE: Gargle

AGE

All ages*

DOSE / FREQUENCY

2-4mL in 60mL Gargle several times per day
water.

INGREDIENTS [contained in: 2 mL]

povidone-iodine

140 mg

Notes

*adult supervision recommended in small children.

PRODUCT
NAME

Pabron Gargle 365

パブロンうがい 3 6 5



PRONUNCIATION: pah-boo-lon oogai 365

RECOMMENDED USE: Gargle

AGE

DOSE / FREQUENCY

All ages*

1ml in 50ml water. Gargle several times per day

INGREDIENTS [contained in: 100 mL]

cetylpyridinium chloride	0.25gm
dipotassium glycyrrhizinate	0.25gm
menthol	0.25gm

Notes

*adult supervision recommended for small children.

PRODUCT
NAME

LuLu Gargle Solution

ルルうがい薬



PRONUNCIATION: Loo-loo oogai goo-sue-lee

RECOMMENDED USE: Gargle

AGE

DOSE / FREQUENCY

All ages*

10 drops in 100ml water. Gargle several times per day

INGREDIENTS [contained in: 0.25 mL]

cetylpyridinium chloride	1gm
dipotassium glycyrrhizinate	1gm
menthol	2.5gm
caryophylli flos	0.1gm

Notes

*adult supervision recommended for small children.

PRODUCT
NAME

Gaspitan a
ガスピタン a



PRONUNCIATION: gah-sue pee-tahn

RECOMMENDED USE: Gas

AGE	DOSE / FREQUENCY
> 14 years	1 tablet 3 times a day

INGREDIENTS [contained in: 3 tablet(s)]

enterococcus faecalis	24mg
lactobacillus acidophilus	54mg
bifidobacterium bifidum	24mg
cellulase AP3	180mg
dimethylpolysiloxane	180mg

Notes

active ingredient dimethylpolysiloxane, also known as dimethicone, which is contained in “Gas-X”

PRODUCT
NAME

Borraginol A Ointment

ボラギノールA軟膏



PRONUNCIATION: bow-lah-ghee-no-loo A nan-koe

RECOMMENDED USE: Hemorrhoids

AGE	DOSE / FREQUENCY
Adults	Apply 3 times a day

INGREDIENTS [contained in: 1 gram(s)]

prednisolone valerate	0.5 mg
lidocaine	30 mg
tocopherol acetate	25 mg
allantoin	10 mg

Notes

PRODUCT
NAME

Borraginol A Suppositories

ボラギノールA坐剤



PRONUNCIATION: bow-lah-ghee-no-loo A zah-zai

RECOMMENDED USE: Hemorrhoids

AGE	DOSE / FREQUENCY
Adults	1 suppository 2 times a day

INGREDIENTS [contained in: 1 suppository]

prednisolone valerate	1 mg
lidocaine	60 mg
tocopherol acetate	50 mg
allantoin	20 mg

Notes

PRODUCT
NAME

Borraginol A Injectable Ointment

ボラギノールA注入軟膏



PRONUNCIATION: bow-lah-ghee-no-loo A choo-new nahn-koe

RECOMMENDED USE: Hemorrhoids

AGE

Adults

DOSE / FREQUENCY

1 packet 2 times a day

INGREDIENTS [contained in: 1 packet(s)]

prednisolone valerate	1 mg
lidocaine	60 mg
tocopherol acetate	50 mg
allantoin	20 mg

Notes

Inject contents of packet into rectum.

PRODUCT
NAME

Gaster 10

ガスター 10



PRONUNCIATION: gah-soo-tah ten

RECOMMENDED USE: Indigestion/Dyspepsia

AGE	DOSE / FREQUENCY
15 - 80 years old	1 pill 2 times a day

INGREDIENTS [contained in:]

famotidine	10mg
------------	------

Notes

Equivalent to Pepcid. Recommended dose higher in other countries: 20mg, twice a day.

PRODUCT
NAME

Ohta's Isan Chewable NEO

太田胃散チュアブルNEO



PRONUNCIATION: oh-tha-eesahn chu-ah-boo-loo NEO

RECOMMENDED USE: Indigestion/Dyspepsia

AGE	DOSE / FREQUENCY
Adults	2 tablets 3 times a day

INGREDIENTS [contained in: 1 tablet(s)]

magnesium hydroxide	100mg
magnesium carbonate	100mg
calcium carbonate	160mg
dimethylpolysiloxane	20mg

Notes

Chewable antacid tablets

PRODUCT
NAME

Sodium Bicarbonate

炭酸水素ナトリウム



PRONUNCIATION: tahn-sahn soo-ee-soh nah-toe-lee-oo-mu

RECOMMENDED USE: Indigestion/Dyspepsia

AGE

DOSE / FREQUENCY

Adults

1/3 packet 3 times a day

INGREDIENTS [contained in: 1 packet(s)]

sodium bicarbonate

3gm

Notes

baking soda.

PRODUCT
NAME

Avalon Z
アバロンZ



PRONUNCIATION: ah-bah-lon Z

RECOMMENDED USE: Indigestion/Dyspepsia

AGE	DOSE / FREQUENCY
-----	------------------

15-80 years old	2 pills 2 times a day
-----------------	-----------------------

INGREDIENTS [contained in:]

ranitidine	63mg
magnesium aluminate metasilicate	250mg
magnesium oxide	100mg
magnesium hydroxide	200mg

Notes

ranitidine is equivalent to Zantac

PRODUCT
NAME

Acinon Z
アシノンZ



PRONUNCIATION: ah-she nohn Z

RECOMMENDED USE: Indigestion/Dyspepsia

AGE	DOSE / FREQUENCY
15-80 years old	1 capsule 2 times a day

INGREDIENTS [contained in: 1 capsule(s)]

nizatidine	75mg
------------	------

Notes

PRODUCT
NAME

Saratekuto FA

サラテクトFA



PRONUNCIATION: sah-lah tehkuto FA

RECOMMENDED USE: Insect repellent

AGE

All ages*

DOSE / FREQUENCY

Spray as needed

INGREDIENTS [contained in: 1 bottle]

DEET

7.2gm

Notes

12% DEET, 200ml spray can
*6 months of age and older

PRODUCT
NAME

Saratekuto Unscented

サラテクト 無香料



PRONUNCIATION: sah-lah tehkuto mukoh-ryo

RECOMMENDED USE: Insect repellent

AGE

All ages*

DOSE / FREQUENCY

Spray as needed

INGREDIENTS [contained in: 1 bottle]

DEET

2-4gm

Notes

10% DEET, 100ml or 200ml spray can
*6 months of age and older

PRODUCT
NAME

Muhi Mushipale Alpha

ムヒ ムシペールα



PRONUNCIATION: moo-hi moo-shee peh-loo ahloofah

RECOMMENDED USE: Insect repellent

AGE

All ages*

DOSE / FREQUENCY

Spray as needed

INGREDIENTS [contained in: 100 mL]

DEET

12gm

Notes

12% DEET Spray can or liquid spray

*6 months of age and older

PRODUCT
NAME

Muhi Mushipale PS

ムヒ ムシペールPS



PRONUNCIATION: moo-hi moo-shee peh-loo ahloofah

RECOMMENDED USE: Insect repellent

AGE

All ages*

DOSE / FREQUENCY

Spray as needed

INGREDIENTS [contained in: 100 mL]

DEET

12gm

Notes

12% DEET Spray can

*6 months of age and older

PRODUCT
NAME

Sumithrin L Shampoo

スミスリンLシャンプータイプ



PRONUNCIATION: soo-mee-soo-leen elu shyan-poo tah-ee-pu

RECOMMENDED USE: Lice

AGE

DOSE / FREQUENCY

see Notes below

INGREDIENTS [contained in: 1 mL]

phenothrin

4mg

Notes

FOR HEAD LICE: 1) Wet hair with warm water 2) Apply 10 to 20mL of shampoo and lather into hair and scalp 3) Leave on hair for 5 minutes, then rinse thoroughly 4) Repeat every three days, for 3 to 4 times total

FOR PUBIC LICE: 1) Wet area with warm water 2) Apply 3 to 5mL of shampoo and lather into hair and skin of affected area 3) Leave on for 5 minutes, then rinse thoroughly 4) Repeat every three days, for 3 to 4 times total

CAUTIONS:

1) Do not apply into eyes, ears, nasal or oral cavities, urethra, vagina or anus 2) The shampoo may remove hair coloring and cause staining of clothes, towels, etc. 3) The shampoo will not remove nits (eggs attached to hairs). Use of a fine toothed comb is recommended to aid in nit removal

PRODUCT
NAME

Airmit

エアミット



PRONUNCIATION: eh-ah mee-toh

RECOMMENDED USE: Motion sickness

AGE	DOSE / FREQUENCY
Adults	2 pills every 4 hrs, up to 3 x per day
11-14 years old	1 pill every 4 hrs, up to 3 x per day

INGREDIENTS [contained in: 2 pill(s)]

dimenhydrinate	50mg
scopolamine	0.15mg
caffeine	40mg

Notes

PRODUCT
NAME

Kodomo Cool Sky
こどもクールスカイ



PRONUNCIATION: kodomo koo-loo soo-khai

RECOMMENDED USE: Motion sickness

AGE	DOSE / FREQUENCY
3-14 years old	20mL every 4 hrs, up to 2 x per day

INGREDIENTS [contained in: 20 mL]

caffiene	12.5 mg
chlorpheniramine maleate	1.33 mg
scopolamine	0.084 mg

Notes

Contains caffiene.

PRODUCT
NAME

Kodomo Senpa S
こどもセンパアS



PRONUNCIATION: kodomo sen-pah esu

RECOMMENDED USE: Motion sickness

AGE	DOSE / FREQUENCY
3-10 years old	1 pill every 4 hrs, up to 2 x per day
11-14 years old	2 pills every 4 hrs, up to 2 x per day

INGREDIENTS [contained in: 2 pill(s)]

scopolamine	0.16 mg
meclizine	25 mg

Notes

PRODUCT
NAME

Airmit Satto F

エアミットサットF



PRONUNCIATION: eh-ah mee-toh sah-toe F

RECOMMENDED USE: Motion sickness

AGE	DOSE / FREQUENCY
> 10 years old	2 pills 2 times a day
5-10 years old	1 pill 2 times a day

INGREDIENTS [contained in: 4 pill(s)]

meclizine	50 mg
scopolamine	0.32 mg
caffeine	40 mg
allylisopropylacetylurea	30 mg

Notes

PRODUCT
NAME

Vicks VapoRub

ヴィックスヴェポラップ



PRONUNCIATION: vi-kusu vepo la-pu

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
12 years and older	10 gms Apply to chest 3 times a day
6-11 years old	5 gms Apply to chest 3 times a day
3-5 years old	4 gms Apply to chest 3 times a day
6 to 24 months old	3 gms Apply to chest 3 times a day

INGREDIENTS [contained in: 10 gram(s)]

camphor	526 mg
menthol	282 mg
turpentine	468 mg
eucalyptus oil	133 mg
nutmeg oil	69 mg
cedarleaf oil	44 mg

Notes

PRODUCT
NAME

Stac Eve NT

エスタックイブNT



PRONUNCIATION: esuta-ku eebu NT

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	3 pills 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

ibuprofen	150mg
dihydrocodeine phosphate	8mg
dL-methylephedrine hydrochloride	20mg
chlorpheniramine maleate	2.5mg
caffiene	25mg
thiamine nitrate	8mg
ascorbic acid (vitamin C)	100mg
isopropamide iodide	2mg

Notes

PRODUCT
NAME

Pabron N

パブロンN



PRONUNCIATION: pabulon N

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	2 capsules 3 times a day

INGREDIENTS [contained in: 2 capsule(s)]

ibuprofen	150mg
dihydrocodeine phosphate	6mg
carbinoxamine maleate	2.5mg
dL-methylephedrine hydrochloride	20mg
potassium guaiaacolsulfonate	80mg
caffiene	25mg
thiamine nitrate	8mg
riboflavin	4mg

Notes

PRODUCT
NAME

Pabron Gold A tablets

パブロンゴールドA錠



PRONUNCIATION: pabulon goludo ei jou

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	3 pills 3 times a day
11-14 years old	2 pills 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

acetaminophen	300mg
lysozyme chloride	20mg
dihydrocodeine phosphate	8mg
dL-methylephedrine hydrochloride	20mg
carbinoxamine maleate	2.5mg
guaifenesin	41.67mg
caffiene	25mg
thiamine nitrate	8mg
riboflavin	4mg

Notes

PRODUCT
NAME

Benza Block L

ベンザブロックLプラス



PRONUNCIATION: benza bulo-ku elu poo-lah-su

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	2 pills 3 times a day

INGREDIENTS [contained in: 2 pill(s)]

ibuprofen	150mg
pseudoephedrine hydrochloride	45mg
chlorpheniramine maleate	1.17mg
dihydrocodeine phosphate	8mg
caffiene	25mg
carbocisteine	250mg

Notes

PRODUCT
NAME

Benza Block IP Plus

ベンザブロック I P プラス



PRONUNCIATION: benza bulo-ku IP puh-la-su

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	2 pills 3 times a day

INGREDIENTS [contained in: 2 caplet(s)]

ibuprofen	120mg
chlorpheniramine maleate	1.17 mg
dL-methylephedrine hydrochloride	20 mg
dihydrocodeine phosphate	8 mg
caffiene	25 mg
hesperidin	30 mg
acetaminophen	60 mg
ascorbic acid (vitamin C)	167 mg

Notes

PRODUCT
NAME

Contac Cough ST

コンタックせき止めST



PRONUNCIATION: kon takku seki do-meh ST

RECOMMENDED USE: Multisymptom cold

AGE

DOSE / FREQUENCY

Adults

1 capsule 2 times a day

INGREDIENTS [contained in: 1 capsule(s)]

dextromethorphan hydrochloride	30mg
diprophylline	100mg
lysozyme chloride	20mg

Notes

Predominantly for cough and phlegm

PRODUCT
NAME

New Lulu A Gold DX

新ルルAゴールドDX



第2類医薬品

PRONUNCIATION: sheen lu-lu A go-ludo DX

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	3 pills 3 times a day
11-14 years old	2 pills 3 times a day
7-10 years old	1 pill 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

clemastine fumarate	0.4467 mg
bromhexine hydrochloride	4 mg
belladonna alkaloid	0.1 mg
tranexamic acid	140 mg
dihydrocodeine phosphate	8 mg
acetaminophen	300 mg
dL-methylephedrine hydrochloride	20 mg
caffiene	20 mg
benfotiamine	8 mg

Notes

PRODUCT
NAME

Contac

新コンタックかぜ総合



PRONUNCIATION: sheen kon takku kaze so-go

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	2 capsules 2 times a day
7-14 years old	1 capsule 2 times a day

INGREDIENTS [contained in: 2 capsule(s)]

acetaminophen	450 mg
chlorpheniramine maleate	1.75 mg
dextromethorphan hydrochloride	24 mg
caffiene	37.5 mg
dL-methylephedrine hydrochloride	20 mg
bromhexine hydrochloride	4 mg

Notes

PRODUCT
NAME

Stac Eve Fine EX

エスタックイブファインEX



PRONUNCIATION: esuta-ku ibu fa-een EX

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	2 pills 3 times a day

INGREDIENTS [contained in: 2 pill(s)]

ibuprofen	150mg
dihydrocodeine phosphate	8mg
dL-methylephedrine hydrochloride	20mg
chlorpheniramine maleate	2.5mg
caffiene	25mg
magnesium oxide	100mg
ambroxol hydrochloride	15mg
isopropamide iodide	2mg

Notes

PRODUCT
NAME

New Stac Eve Ace

新エスタックイブエース



PRONUNCIATION: sheen esuta-ku ibu ei-su

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	3 pills 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

ibuprofen	150mg
isopropamide iodide	2mg
dihydrocodeine phosphate	8mg
dL-methylephedrine hydrochloride	20mg
chlorpheniramine maleate	2.5mg
caffiene	25mg
ascorbic acid (vitamin C)	100mg
thiamine disulfide	8mg

Notes

PRODUCT
NAME

Colgen IB Clear Capsules

コルゲンコーワIB透明カプセルα



PRONUNCIATION: korugen kowa IB toe-mei kapu-selu alufah

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	2 capsules 3 times a day

INGREDIENTS [contained in: 2 capsule(s)]

ibuprofen	150mg
dihydrocodeine phosphate	8mg
dL-methylephedrine hydrochloride	20mg
ambroxol hydrochloride	15mg
chlorpheniramine maleate	1.167mg
caffiene	13.3mg

Notes

PRODUCT
NAME

Kaigen Cold Capsules

改源かぜカプセル



PRONUNCIATION: kaigen kaze kapu-selu

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
Adults	2 capsules 3 times a day
7-14 years old	1 capsule 3 times a day

INGREDIENTS [contained in: 2 capsule(s)]

acetaminophen	300mg
dL-methylephedrine hydrochloride	13.3mg
caffiene	25mg
licorice root	66.6mg
cinnamoni cortex	66.6mg
ginger	33.3mg

Notes

PRODUCT
NAME

Pabron S Gold W

パブロンSゴールドW微粒



PRONUNCIATION: pabulon esu go-ludo W bee-lyu

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	1 packet 3 times a day
8-14 years old	1/2 packet 3 times a day

INGREDIENTS [contained in: 1 packet(s)]

ambroxol hydrochloride	15 mg
carbocisteine	250 mg
dihydrocodeine phosphate	8 mg
chlorpheniramine maleate	2.5 mg
riboflavin	4 mg
acetaminophen	300 mg

Notes

PRODUCT
NAME

Pabron S Gold W

パブロンSゴールドW錠



PRONUNCIATION: pabulon esu go-ludo W jo

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	2 pills 3 times a day
8-14 years old	1 pill 3 times a day

INGREDIENTS [contained in: 2 pill(s)]

ambroxol hydrochloride	15mg
carbocisteine	250mg
dihydrocodeine phosphate	8mg
chlorpheniramine maleate	2.5mg
riboflavin	4mg
acetaminophen	300mg

Notes

PRODUCT
NAME

Pabron Ace

パブロンエース A X錠



PRONUNCIATION: pabulon ehsu AX jou

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	3 pills 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

ibuprofen	150mg
ambroxol hydrochloride	15mg
dihydrocodeine phosphate	8mg
dL-methylephedrine hydrochloride	20mg
chlorpheniramine maleate	2.5mg
caffiene	25mg
thiamine nitrate	8mg
riboflavin	4mg
ascorbic acid (vitamin C)	166.7mg

Notes

PRODUCT
NAME

Pabron Kids Cold Syrup

パブロンキッズかぜシロップ



PRONUNCIATION: pabulon khi-zu kazeh she-lopoo

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
3 - 6 months	5 mL 3 times a day
6 - 12 months	6 mL 3 times a day
1 - 2 years	7.5 mL 3 times a day
3 - 6 years	10 mL 3 times a day

INGREDIENTS [contained in: 60 mL]

dextromethorphan hydrochloride	16mg
guaifenisin	83.3mg
chlorpheniramine maleate	2.5mg
acetaminophen	300mg

Notes

Contains acetaminophen

PRODUCT
NAME

New Lulu A s

新ルルA錠 s



第2類医薬品

PRONUNCIATION: sheen lu-lu A jo esu

RECOMMENDED USE: Multisymptom cold

AGE	DOSE / FREQUENCY
> 14 years	3 pills 3 times a day
11-14 years old	2 pills 3 times a day
6-10 years old	1 pill 3 times a day

INGREDIENTS [contained in: 3 pill(s)]

clemastine fumarate	0.4467 mg
bromhexine hydrochloride	4 mg
noscapine hydrochloride	16 mg
dihydrocodeine phosphate	8 mg
acetaminophen	300 mg
dL-methylephedrine hydrochloride	20 mg
caffiene	25 mg
benfotiamine	8 mg

Notes

PRODUCT
NAME

Pabron Nasal Spray

パブロン点鼻



PRONUNCIATION: Pah-boo-lohn ten-bee

RECOMMENDED USE: Nasal symptoms

AGE	DOSE / FREQUENCY
Adults	1-2 sprays 3-6 times a day

INGREDIENTS [contained in: 100 mL]

naphazoline hydrochloride	0.05gm
chlorpheniramine maleate	0.5gm
benzethonium chloride	0.02gm

Notes

For nasal congestion, allergic rhinitis

PRODUCT
NAME

Muhi Children's Cold Syrup

ムヒのこどもかぜシロップ



PRONUNCIATION: muhi kodomo kah-ze she-lo-poo

RECOMMENDED USE: Nasal symptoms

AGE	DOSE / FREQUENCY
3-6 years old	10ml 3 times a day
1-2 years old	7.5ml 3 times a day
6-11 months old	6ml 3 times a day
3-5 months old	5ml 3 times a day

INGREDIENTS [contained in: 10 mL]

acetaminophen	50mg
dL-methylephedrine hydrochloride	3.33mg
chlorpheniramine maleate	0.416mg
caffiene	4.16mg
nandina domestica	0.133mL

Notes

Strawberry (Sa) or peach flavor (Pa).

PRODUCT
NAME

SATO Nazal AR
SATO ナザールAR



PRONUNCIATION: sato nahzahroo AR

RECOMMENDED USE: Nasal symptoms

AGE	DOSE / FREQUENCY
Adults	1 spray each nostril, 2 times a day

INGREDIENTS [contained in: 1 spray(s)]

beclomethasone propionate 50µg

Notes

Topical nasal steroid spray for allergic rhinitis

PRODUCT
NAME

Contac Rhinitis Spray

コンタック鼻炎スプレー



PRONUNCIATION: kon-tah-koo bee-ehn sue-poo-lei

RECOMMENDED USE: Nasal symptoms

AGE	DOSE / FREQUENCY
Adults	1 spray/nostril 2 times a day

INGREDIENTS [contained in: 100 gram(s)]

beclomethasone propionate	0.05gm
---------------------------	--------

Notes

Topical nasal steroid spray for allergic rhinitis

PRODUCT
NAME

Pabron Bien

パブロン鼻炎速溶錠



PRONUNCIATION: pabulon bee-ehn soku-yoh-jo

RECOMMENDED USE: Nasal symptoms

AGE	DOSE / FREQUENCY
> 14 years	2 pills 3 times a day
7-14 years old	1 pill 3 times a day

INGREDIENTS [contained in: 2 pill(s)]

pseudoephedrine hydrochloride	60mg
carbinoxamine maleate	4mg
belladonna alkaloid	0.2mg
caffiene	50mg

Notes

PRODUCT
NAME

Taisho A Oral Ulcer Ointment

口内炎軟膏大正A



PRONUNCIATION: koh-nai-ehn nan-koh tai-show A

RECOMMENDED USE: Oral ulcers

AGE

All ages*

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 100 gram(s)]

cetylpyridinium chloride	0.1 gm
allantoin	0.5 gm

Notes

*Adult supervision recommended for use in children

PRODUCT
NAME

Dental Pill Cream

デンタルピルクリーム



PRONUNCIATION: den-talu pee-loo koo-lee-moo

RECOMMENDED USE: Oral ulcers / Chelitis

AGE	DOSE / FREQUENCY
All ages*	Apply as needed

INGREDIENTS [contained in: 100 gram(s)]

prednisolone valerate	0.2gm
cetylpyridinium chloride	0.1 gm

Notes

*Adult supervision recommended for use in children

PRODUCT
NAME

Shabondama Additive-free Shampoo

シャボン玉無添加石けんシャンプー



PRONUNCIATION: shyah-bohn dhama moo-ten-kah seh-ken shyan-poo

RECOMMENDED USE: Other

AGE

DOSE / FREQUENCY

***** *****

INGREDIENTS [contained in:]

miscellaneous

Notes

Hypoallergenic shampoo. Contains camellia oil.

PRODUCT
NAME

Shabondama Solid Baby Soap

シャボン玉ベビーソープ固形タイプ



PRONUNCIATION: shyah-bohn dhama beh-bee soe-poo ko-kay tah-ee-poo

RECOMMENDED USE: Other

AGE

DOSE / FREQUENCY

***** *****

INGREDIENTS [contained in:]

miscellaneous

Notes

Hypoallergenic baby soap. Contains avocado oil.

PRODUCT
NAME

Shabondama Foam Baby Soap

シャボン玉ベビーソープ泡タイプ



PRONUNCIATION: shya-bohn dhama beh-bee soe-poo ah-wah tah-ee-poo

RECOMMENDED USE: Other

AGE

DOSE / FREQUENCY

***** *****

INGREDIENTS [contained in:]

miscellaneous

Notes

Hypoallergenic baby soap. Contains avocado oil.

PRODUCT
NAME

Shabondama Sunol Baby Detergent

シャボン玉スノールベビー



PRONUNCIATION: shyah-bohn dhama sue-noh-loo beh-bee

RECOMMENDED USE: Other

AGE

DOSE / FREQUENCY

***** *****

INGREDIENTS [contained in:]

miscellaneous

Notes

Hypoallergenic detergent. Contains avocado oil. Use approximately 50ml per 3kg load, 60ml per 6kg load of washing.

PRODUCT
NAME

Oxydol

オキシドール



PRONUNCIATION: oki-she-doh-loo

RECOMMENDED USE: Other

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in:]

hydrogen peroxide

3%

Notes

topical disinfectant

PRODUCT
NAME

Iodine Wash

イソジンウォッシュ



PRONUNCIATION: ee-so-jeen woe-shoe

RECOMMENDED USE: Other

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 mL]

povidone-iodine

75 mg

Notes

Topical disinfectant -- similar to Betadine®

PRODUCT
NAME

Meishoku Calamine Lotion

明色カラミンローション



PRONUNCIATION: may-sho-koo kah-lah-meen low-shown

RECOMMENDED USE: Other

AGE	DOSE / FREQUENCY
All ages	Apply as needed

INGREDIENTS [contained in: 155 mL]

calamine / isopropylmethylphenol

155mL

Notes

For sunburned or itchy skin

PRODUCT
NAME

Epsom salts

硫酸マグネシウム



PRONUNCIATION: ryu-sahn magu-ne-she-umu

RECOMMENDED USE: Other

AGE

DOSE / FREQUENCY

All ages

INGREDIENTS [contained in: 1 gram(s)]

magnesium sulfate 1 gm

Notes

Available online (may be difficult to find in drug stores)

PRODUCT
NAME

Voltaren EX Gel

ボルタレンEXゲル



PRONUNCIATION: bo-loo-tah-len EX geh-loo

RECOMMENDED USE: Pain

AGE

> 14 years

DOSE / FREQUENCY

Apply 3-4 times a day

INGREDIENTS [contained in: 1 gram(s)]

diclofenac sodium	10mg
menthol	30mg

Notes

PRODUCT
NAME

Feitas Lotion

フェイススローション



PRONUNCIATION: fay-tasu low-shown

RECOMMENDED USE: Pain

AGE

> 14 years

DOSE / FREQUENCY

Apply 3-4 times a day

INGREDIENTS [contained in: 100 gram(s)]

felbinac
menthol

3gm
3gm

Notes

PRODUCT
NAME

New Biofermin S

新ビオフィェルミンS



PRONUNCIATION: sheen bee-oh felu meen esu

RECOMMENDED USE: Probiotic

AGE	DOSE / FREQUENCY	
> 14 years	3 pills	3 times a day
5-14 years old	2 pills	3 times a day
< 5 years old	do not use	

INGREDIENTS [contained in: 9 pill(s)]

bifidobacterium bifidum	18mg
enterococcus faecalis	18mg
lactobacillus acidophilus	18mg

Notes

PRODUCT
NAME

Mentholatum AP Soft Lotion

メンソレータムAPソフトローション



PRONUNCIATION: menso-lehytamu AP sofuto low-shyon

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

prednisolone valerate 1.5mg

Notes

Topical steroid

PRODUCT
NAME

Livimex Kowa Cream

リビメックスコーワクリーム



PRONUNCIATION: lee-bee me-koosoo kouwa koolee-mu

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

prednisolone valerate 1.5mg

Notes

Topical steroid

PRODUCT
NAME

Livimex Kowa Ointment

リビメックスコーワ軟膏



PRONUNCIATION: lee-bee me-koosoo kouwa nahn-koe

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

prednisolone valerate 1.5mg

Notes

Topical steroid

PRODUCT
NAME

Locoidan Cream

ロコイダンクリーム



PRONUNCIATION: lowkoidahn kooleemoo

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

hydrocortisone butyrate

0.5mg

Notes

Topical steroid

PRODUCT
NAME

Locoidan Ointment

ロコイダン軟膏



PRONUNCIATION: lowkoidahn nahnkoe

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

hydrocortisone butyrate 0.5mg

Notes

Topical steroid

PRODUCT
NAME

New Restamin Kowa Ointment

新レスタミンコーワ軟膏



PRONUNCIATION: sheen lesuta-meehn kou-wa nahn-koe

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 gram(s)]

diphenhydramine hydrochloride

20mg

Notes

Topical antihistamine. Equivalent to Benadryl.

PRODUCT
NAME

Muhi Baby

ムヒ・ベビー



PRONUNCIATION: moo-hee beh-bee

RECOMMENDED USE: Rashes / Insect bites

AGE	DOSE / FREQUENCY
-----	------------------

All ages	Apply as needed
----------	-----------------

INGREDIENTS [contained in: 1 gram(s)]

diphenhydramine hydrochloride	10mg
glycyrrhetic acid	5mg
isopropyl methylphenol	15mg
tocopherol acetate	5mg
allantoin	2mg

Notes

Does not contain steroid medication.

PRODUCT
NAME

New Una Kowa Cool

新ウナコーワクール



PRONUNCIATION: sheen ooh-nah koh-wah koo-loo

RECOMMENDED USE: Rashes / Insect bites

AGE	DOSE / FREQUENCY
-----	------------------

All ages	Apply as needed
----------	-----------------

INGREDIENTS [contained in: 1 mL]

diphenhydramine hydrochloride	20mg
lidocaine	5mg
menthol	30mg
camphor	20mg

Notes

Does not contain steroid medication.

PRODUCT
NAME

Una Kowa Alpha

ウナコーワ α



PRONUNCIATION: ooh-nah koe-wah ah-loo-fah

RECOMMENDED USE: Rashes / Insect bites

AGE

All ages

DOSE / FREQUENCY

Apply as needed

INGREDIENTS [contained in: 1 mL]

dexamethasone	0.25 mg
diphenhydramine hydrochloride	20.0 mg
lidocaine	5.0 mg
menthol	30.0 mg
camphor	20.0 mg

Notes

Contains topical steroid medication.

PRODUCT
NAME

Benza Block Troches

ベンザブロックトローチ



PRONUNCIATION: benza bu-lo-ku tolo-chi

RECOMMENDED USE: Sore throat / Oral pain

AGE	DOSE / FREQUENCY
Adults	1 tablet 6 times a day
8-10 years old	1 tablet 4 times a day
5-7 years old	1 tablet 3 times a day

INGREDIENTS [contained in: 1 tablet(s)]

dextromethorphan phenolphthalein	10 mg
potassium guaiacolsulfonate	23.3 mg
cetylpyridinium chloride	1 mg

Notes

PRODUCT
NAME

Pabron Troche AZ

パブロントローチAZ



PRONUNCIATION: Pah-boo-lohn toe-low-chee AZ

RECOMMENDED USE: Sore throat / Oral pain

AGE	DOSE / FREQUENCY
Adults	1 tablet 4-6 times a day
5-14 years old	1 tablet 2-3 times a day

INGREDIENTS [contained in: 1 tablet(s)]

dipotassium glycyrrhizinate	2.5 mg
cetylpyridinium chloride	1 mg
azulene sulfonate sodium	0.8 mg

Notes

PRODUCT
NAME

Meditreat Vaginal Suppositories

メディトリート



PRONUNCIATION: medhi-tow-lee-tow

RECOMMENDED USE: Vaginal yeast infections

AGE	DOSE / FREQUENCY
15-60 years old	1 suppository once a day

INGREDIENTS [contained in: 1 suppository]

miconazole	100mg
------------	-------

Notes

Vaginal suppository.

PRODUCT
NAME

Meditreat Cream

メディトリートクリーム



PRONUNCIATION: medhi-tow-lee-tow koo-lee-moo

RECOMMENDED USE: Vaginal yeast infections

AGE	DOSE / FREQUENCY
15-60 years old	Apply 3 times a day

INGREDIENTS [contained in: 1 gram(s)]

miconazole	10mg
------------	------

Notes

Topical antifungal.
See physician if no improvement in 3 to 6 days.

PRODUCT
NAME

Flady CC Cream

フレディCC クリーム



PRONUNCIATION: foo-leh-dee CC koo-lee-moo

RECOMMENDED USE: Vaginal yeast infections

AGE	DOSE / FREQUENCY
-----	------------------

15-60 years old	Apply 3 times a day
-----------------	---------------------

INGREDIENTS [contained in: 1 gram(s)]

isoconazole	10mg
-------------	------

Notes

Topical antifungal.
See physician if no improvement in 3 to 6 days.

PRODUCT
NAME

Flady CC Vaginal Suppositories

フレディCC 腔錠



PRONUNCIATION: foo-leh-dee CC chee-tsu-joe

RECOMMENDED USE: Vaginal yeast infections

AGE	DOSE / FREQUENCY
15-60 years old	1 suppository once a day

INGREDIENTS [contained in: 1 suppository]

isoconazole	100 mg
-------------	--------

Notes

Vaginal suppository.

PRODUCT
NAME

Empecid L
エンペシドL



PRONUNCIATION: en-peh-she-doh elu

RECOMMENDED USE: Vaginal yeast infections

AGE

15-60 years old

DOSE / FREQUENCY

1 suppository once a day for 6 days

INGREDIENTS [contained in: 1 suppository]

clotrimazole

100 mg

Notes

PRODUCT
NAME

Speel Plasters
スピール膏



PRONUNCIATION: sue-pee-loo koe

RECOMMENDED USE: Warts/Corns/Callouses

AGE

All ages*

DOSE / FREQUENCY

Apply every 2 to 3 days

INGREDIENTS [contained in: 1 cm²]

salicylic acid

35.7 mg

Notes

PRODUCT
NAME

Speel Liquid
スピール液



PRONUNCIATION: sue-pee-loo eh-kee

RECOMMENDED USE: Warts/Corns/Callouses

AGE

All ages*

DOSE / FREQUENCY

Apply several times per day

INGREDIENTS [contained in: 1 gram(s)]

salicylic acid

150mg

Notes