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 Store this informational leaflet safely so that it can be read when necessary.



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Category-3 OTC drug

Relief of stiff shoulder, lumbago, and numbness in the limbs

ナボリン®EB錠

Nabolin EB

Stiffness of the shoulders and lumbago occur due to excessive loads on the shoulder or low back. If you stay in the same posture or try to maintain a difficult posture, the muscles in your shoulders or low back may harden, damaging the peripheral nerves, and causing stiffness or pain.

The main ingredient of ナボリン EB錠 is activated vitamin B₁₂ (mecobalamin), which repairs peripheral nerve damage and relieves stiff shoulder and lumbago. Mecobalamin is one of the four types of vitamin B₁₂, an activated type of vitamin B₁₂ that is easy for the body to use and acts directly on peripheral nerves. ナボリン EB錠 also contain vitamins B₁, B₆, and E, which have an effect on stiff shoulders and lumbago that appear due to muscle fatigue or poor circulation.



Package	Recommended retail price (tax included)
45 tablets	¥2,592
120 tablets	¥6,264

Related website



[ナボリン Club \(in Japanese\)](#)

Indications

Relief of the following symptoms:

stiffness in the shoulder and neck, lumbago, neuralgia, and numbness in the limbs

(A physician or pharmacist should be consulted if there is no improvement after about 1 month of administration)

Dosage and Administration

Take the following doses with cold or hot water after a meal.

Age	Dosage	Number of doses
Adult (15 years or older)	1 tablet	3 times a day
Child (Under 15 years)	Do not take this medicine	

Active Ingredients and Action

The daily adult dose of 3 tablets contains the following active ingredients.

Ingredient	Amount	Action
Mecobalamin (activated vitamin B ₁₂)	1500 µg	Promotes the production of components of peripheral nerves (such as proteins and phospholipids) in the body and repairs damaged peripheral nerves.
d-α-Tocopherol acetate (natural vitamin E)	100 mg	Maintains the flexibility of red blood cells, which are components of the blood, and blood vessels, improving blood flow.
Fursultiamine hydrochloride (vitamin B ₁ derivative)	27.3 mg	Works to change the sugars consumed in food to the energy needed by parts of the body such as muscles, and improves muscle fatigue.
Pyridoxine hydrochloride (vitamin B ₆)	50 mg	Is involved in the metabolism of amino acids and supports the activity of nerves in the body.

Inactive Ingredients

Talc, calcium carbonate, corn starch, lactose, hydroxypropyl cellulose, carnauba wax, calcium silicate, titanium oxide, stearic acid, magnesium stearate, shellac, cellulose, silicon dioxide, white soft sugar, hypromellose, pullulan, povidone, macrogol, dibasic calcium phosphate



Precautions

Consultation

- The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before administration.
Patients undergoing medical treatment from a physician
- If the following symptoms are observed after taking this medicine, these may be adverse reactions, so immediately discontinue the use of this medicine, and show this instruction leaflet to a physician, pharmacist, or registered salesperson for a consultation.

Parts affected	Symptom
Skin	Rash, itching
Digestive organs	Loss of appetite, nausea, stomach discomfort
Neuropsychiatric system	Dizziness

- 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 informational leaflet to a physician, pharmacist, or registered salesperson for a consultation.
Constipation, diarrhea, soft stool
- When symptoms do not improve even after taking this medicine for about 1 month, stop taking the medicine and consult a physician, pharmacist or registered salesperson, being sure to take this informational leaflet with you.
- After taking this medicine, menstruation may begin earlier than anticipated, or the amount of menstrual bleeding may increase. If bleeding persists, contact a physician, pharmacist, or registered salesperson, being sure to take this informational leaflet with you.

Precautions for Storage and Handling

1. Store sealed in the box, in a cool, dry place away from direct sunlight. (This medicine is unstable in light.)
2. Keep out of reach of children.
3. Do not transfer to a different container. Also, do not transfer other medications, etc., into this container. (It may lead to misuse or alter the quality.)
4. A desiccant is included in the container. Do not ingest the desiccant.
5. Do not take tablets that have exceeded their expiration date.
6. From the standpoint of maintaining quality, as a rule of thumb, once the cap has been opened, use the tablets within 6 months, regardless of their expiration date. There is a space marked "Date Opened" on the box's inner flap. Please use that to record the date of opening.
7. When fastening the upper lid of the cap, keep pressing until it clicks.
8. When there are only a few tablets left, it may be difficult to take them out. Remove the cap from the container and take out tablets.

Contact us: For inquiries, please complete the Contact Form. We will endeavor to respond to you as quickly as possible, although there may be some delay depending on the nature of the inquiry and other factors.

Contact Form (English only): https://inquiry.eisai.co.jp/webapp/form/17672_sdab_2/index.do