

# トラベルミン (大人用)

Category-2 OTC Drug



## トラベルミン®

For prevention and relief of motion sickness

Travelmin is a motion sickness medicine for adults that effectively prevents and relieves the symptoms of motion sickness.

If you are worried about feeling sick, you can prevent motion sickness symptoms by taking it 30 minutes before you get in a vehicle.

Even after you feel sick, you can take it to improve the symptoms of motion sickness (dizziness, nausea, and headaches), helping you to enjoy your trip.



## Indications



Motion  
sickness

Prevention and relief of dizziness, nausea, and headache associated with motion sickness

# Dosage and Administration

To prevent motion sickness, take the following dose 30 minutes before getting in a vehicle, either by chewing the medicine or by dissolving it in your mouth.

Age	Dosage	Number of doses
15 years or over	1 tablet	Up to 3 times in intervals of at least 4 hours
Less than 15 years	Do not take this medicine	-

When taking additional doses, take the doses at least 4 hours apart. Do not take this medicine more than 3 times per day.

## How to take the tablets out

As shown in the figure below, use your finger and press hard on the raised area of the sheet containing the tablets to break the aluminum foil and remove the tablet. (Accidentally swallowing the tablets while they are still in the sheet can lead to unexpected accidents such as piercing of the esophageal membrane.)



# Ingredients

## Ingredients and their actions

One tablet contains the following ingredients.

Ingredients	Amount	Action
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Diphenhydramine salicylate	40 mg	Acts on the autonomic nerves, preventing and relieving the symptoms of motion sickness.
Diprophylline	26 mg	Suppresses sensory confusion that occurs due to swaying motions, preventing motion sickness.

## Additives

Talc, corn starch, lactose, carmellose calcium, hydrogenated oil, titanium oxide, calcium stearate, cellulose, hypromellose, macrogol, silicon dioxide



# Precautions

## ⚠️ Precautions for Use

### 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.

**1. This product should not be taken by the following persons:**

Persons diagnosed as having the following:  
Glaucoma, prostatic hypertrophy

**2. This drug should not be taken together with the following drugs:**

Other medicines for motion sickness, cold medicines, antipyretics/analgesics, sedatives, expectorants, medicines taken orally that contain antihistamines, etc. (such as medicines taken orally for rhinitis or medicines for allergies)

**3. Do not operate vehicles or machinery after taking this drug.**  
(Sleepiness may occur.)

**4. Nursing women should either not take this medicine or stop nursing while taking this medicine.**

# Consultation

1. The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before taking this medicine.
1. Patients undergoing medical treatment from a physician

2. Pregnant women or women who believe they may be pregnant

3. Patients who have experienced allergic symptoms associated with drugs etc.

4. Persons with the following symptoms:

Difficulty urinating

5. Persons diagnosed as having the following:

Epilepsy, thyroid disease
2. If the following symptoms are observed after taking this drug, these may be adverse reactions, so immediately discontinue the use of this drug and show this instruction leaflet to your physician, pharmacist, or registered salesperson for a consultation.

Parts Affected	Symptom
Skin	Rash/redness, itching
Cardiovascular system	Palpitations
Urinary system	Difficulty urinating

3. The following symptoms may be observed after taking this drug. If these symptoms persist or worsen, discontinue the use of this drug and show this instruction leaflet to your physician, pharmacist, or registered salesperson for a consultation.
- Dry mouth, drowsiness

# Other precautions

Note that the action of this drug may become stronger if you drink alcohol while taking it.

# Precautions for storage and handling

1. Store in a cool, low humidity place away from direct sunlight.
2. Keep out of reach of children.
3. Do not transfer to a different container. Moreover, do not put other drugs in this container. (This may lead to

misuse or alter the quality of the drug.)

4. Do not use the product after the expiration date.



# Packaging and Price

Packaging	Recommended retail price
6 tablets	660yen, tax included (600yen, tax excluded)