



GILEAD

For People Taking GENVOYA[®] Combination Tablets

Editorial Supervisor

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Introduction

This leaflet was created for people who take GENVOYA Combination Tablets. This leaflet includes information about the characteristics of GENVOYA Combination Tablets, how to take GENVOYA Combination Tablets, what to do if you forget to take GENVOYA Combination Tablets, the side effects of GENVOYA Combination Tablets, and precautions for taking GENVOYA Combination Tablets. Read this leaflet thoroughly before taking GENVOYA Combination Tablets.

A medical decision needs to be made based on your circumstances before starting the administration of GENVOYA Combination Tablets.

Listen carefully to the explanation provided by your healthcare providers (physicians, nurses and pharmacists) and follow their instructions.

If you have any questions about the administration of GENVOYA Combination Tablets, consult your healthcare providers (physicians, nurses and pharmacists).

This leaflet is a revised Japanese version of the "Patient Information of GENVOYA" which accompanies "GENVOYA Full Prescribing Information" in the U.S.

The content was compiled under the supervision of Dr. Shinichi Oka (Director of AIDS Clinical Center, National Center for Global Health and Medicine)

For People Taking GENVOYA Combination Tablets

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What are GENVOYA Combination Tablets?



GENVOYA is a medicine for HIV infection that reduces the amount of the virus in the blood¹⁾.

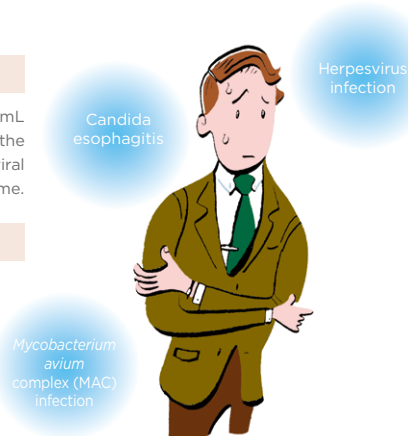
When GENVOYA Combination Tablets are administered and HIV activity in the blood is suppressed, immune-compromised patients recover some of their immune function and are less likely to acquire opportunistic infections²⁾.

Note 1) Amount of virus in the blood

The amount of virus in the blood is represented by the viral count in 1 mL of plasma. It indicates the treatment start time and/or the effects of the anti-HIV medicines. The goal of treatment is to maintain a viral concentration that is below the detection limit over a long period of time.

Note 2) Opportunistic infections

Signifies infections caused by weakly pathogenic microorganisms that do not cause infections in people with normal immune function. Opportunistic infections include candida esophagitis, herpesvirus infection, and *Mycobacterium avium* complex (MAC) infection.



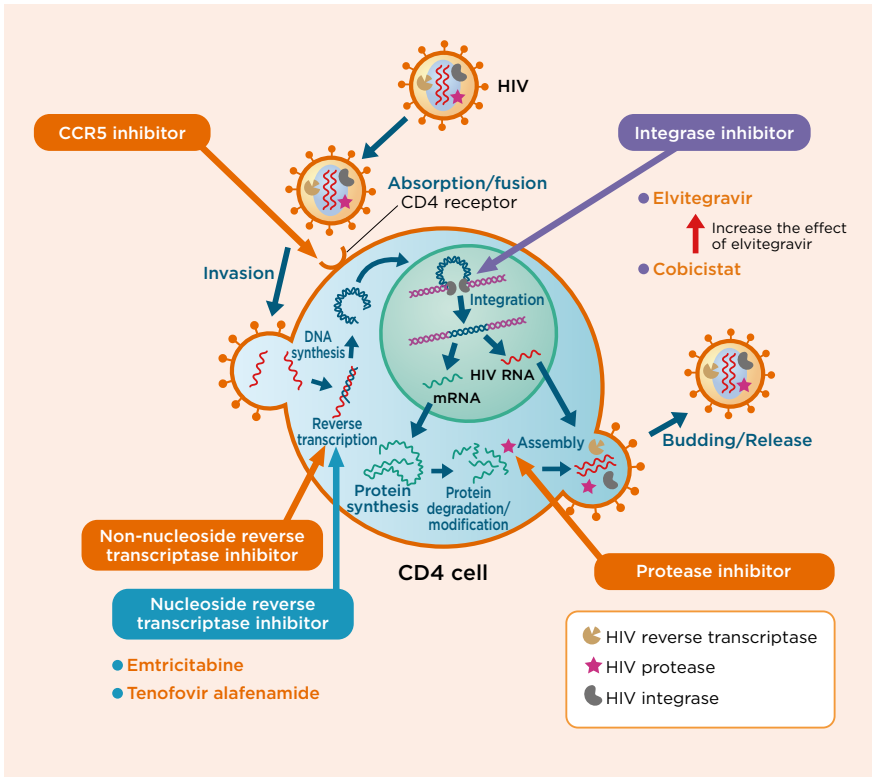
Characteristics of GENVOYA Combination Tablets

GENVOYA Combination Tablets **contain four medicines**, including elvitegravir, cobicistat, emtricitabine, and tenofovir alafenamide fumarate in one tablet. **You can take four types of medicines with a once daily administration of only one tablet of GENVOYA, thus reducing the burden of administration.** GENVOYA Combination Tablets may not be taken concomitantly with any other anti-HIV medicine.

GENVOYA does not completely cure HIV infection or AIDS through short-term administration, but suppresses HIV activity through continued administration. Continued treatment is required, while taking precautions against opportunistic infections and other symptoms.

Effects of GENVOYA Combination Tablets

Elvitegravir contained in GENVOYA Combination Tablets is an integrase inhibitor, and cobicistat is included to increase elvitegravir's effects. In addition, emtricitabine and tenofovir alafenamide fumarate are nucleoside reverse transcriptase inhibitors. HIV uses various enzymes specific to the virus in its course of multiplication in the human body. Elvitegravir inhibits the activity of an enzyme called "HIV integrase," while emtricitabine and tenofovir alafenamide fumarate inhibit the activity of HIV reverse transcriptase to prevent HIV from multiplying.



How should GENVOYA Combination Tablets be taken?

In general, take one tablet of GENVOYA once a day after a meal³⁾.

Only one tablet needs to be taken for treatment with GENVOYA Combination Tablets.

GENVOYA Combination Tablets may not be taken concomitantly with any other anti-HIV medicine.

GENVOYA is a green tablet, as shown in the pictures below, and contains elvitegravir (150 mg), cobicistat (150 mg), emtricitabine (200 mg), and tenofovir alafenamide fumarate (11.2 mg) in one tablet.



Take one GENVOYA tablet once a day **after a meal**³⁾.

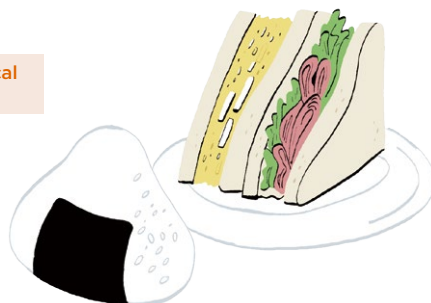
Take it **within 30 minutes of eating** if possible.

Note 3)

As a guideline, take a meal totaling over 250 kcal before taking GENVOYA.

Examples of food with approximately 250 kcal

- One rice ball with tuna and mayonnaise
- Two egg sandwiches
- One croissant
- One cream puff
- High calorie nutrition-supplement drink with approximately 250 kcal



Take GENVOYA after eating a light meal even when you cannot eat normally or if you have irregular eating patterns.

Taking the medicine every day is of the utmost importance for continuously suppressing the activity of the virus. If you miss taking the medicine for even a short period of time, the virus may multiply in the body or the medicine may become ineffective, and symptoms may worsen. Follow your doctor's instructions and take GENVOYA Combination Tablets and other medicines properly every day. In addition, continue to consult with your doctor regularly concerning your condition.

Concomitant use of GENVOYA Combination Tablets with other medicines (1)

Some medicines may not be administered concomitantly with GENVOYA Combination Tablets, or require precaution for concomitant use. If you take such medicines concomitantly with GENVOYA Combination Tablets, side effects may occur or therapeutic effects may decrease. Therefore, **inform and consult with your healthcare providers (physician, pharmacist, etc.) about all medicines that you are taking** (including prescription medicines, over-the-counter medicines, vitamins, herb supplements, and health foods) **to take necessary measures.**



Do not take GENVOYA Combination Tablets if you are taking the following medicines (or medicines containing the following ingredients).

<ul style="list-style-type: none"> ● Tuberculosis preparations <ul style="list-style-type: none"> · Rifampicin (Rifadin®, etc.) 	<ul style="list-style-type: none"> ● Pulmonary arterial hypertension agents <ul style="list-style-type: none"> · Sildenafil citrate (Revatio®) · Tadalafil (Adcirca®)
<ul style="list-style-type: none"> ● Herbal products <ul style="list-style-type: none"> · St. John's wort 	<ul style="list-style-type: none"> ● Erectile dysfunction agents <ul style="list-style-type: none"> · Vardenafil hydrochloride hydrate (Levitra®)
<ul style="list-style-type: none"> ● Migraine medications <ul style="list-style-type: none"> · Dihydroergotamine mesylate · Ergotamine tartrate (Cleamine®) 	<ul style="list-style-type: none"> ● Calcium channel blockers <ul style="list-style-type: none"> · Azelnidipine (Calblock®, etc.)
<ul style="list-style-type: none"> ● Oxytocics <ul style="list-style-type: none"> · Ergometrine maleate · Methylergometrine maleate (Methergin®, etc.) 	<ul style="list-style-type: none"> ● Anticoagulants <ul style="list-style-type: none"> · Rivaroxaban (Xarelto®)
<ul style="list-style-type: none"> ● Antivirals <ul style="list-style-type: none"> · Asunaprevir (Sunvepra®) · Telaprevir (Telavic®) 	<ul style="list-style-type: none"> ● Sedatives, hypnotics, and anxiolytics <ul style="list-style-type: none"> · Midazolam (Dormicum®, etc.) · Phenobarbital (PhenobaI®, etc.) · Triazolam (Halcion®, etc.)
<ul style="list-style-type: none"> ● Hyperlipidemia agents <ul style="list-style-type: none"> · Lomitapide mesylate (Juxtapid®) · Simvastatin (Lipovas®, etc.) 	<ul style="list-style-type: none"> ● Antiepileptics <ul style="list-style-type: none"> · Carbamazepine (TegretoI®, etc.) · Fosphenytoin (Fostoin®) · Phenytoin (Aleviatin®, etc.)
<ul style="list-style-type: none"> ● Psychotropics <ul style="list-style-type: none"> · Blonanserin (Lonasen®) · Pimozide (Orap®) 	<ul style="list-style-type: none"> ● Therapeutic agent for hyperlipidemia <ul style="list-style-type: none"> · Lomitapide mesylate (Juxtapid®)



Do not take GENVOYA Combination Tablets if you are taking the following anti-HIV medicines, etc.

- **Anti-HIV medicines:** Viread®, Emtriva®, Truvada® Combination Tablets, Complera® Combination Tablets, Descovy® Combination Tablets, Stribild® Combination Tablets, Odefsey® Combination Tablets, BIKTARVY® Combination Tablets, Epzicom® Combination Tablets, Combivir® Combination Tablets, Epivir®, Triumeq® Combination Tablets, Kaletra® Combination Tablets, Norvir®, Prezcobix® Combination Tablets, Symtuza® Combination Tablets
- **Anti-HBV (hepatitis B virus) medicines:** Tenozet®, Vemlidy®, Zefix® Combination Tablets
- **Anti-HCV (hepatitis C virus) medicines:** Viekirax® Combination Tablets

Concomitant use of GENVOYA Combination Tablets with other medicines (2)



Precautions need to be taken if you take the following medicines (or medicines containing the following ingredients) concomitantly with GENVOYA Combination Tablets.

● Sedatives, hypnotics, and anxiolytics

- Clorazepate dipotassium (Mendon®)
- Diazepam (Cercine®, Horizon®, etc.)
- Estazolam (Eurodin®, etc.)
- Flurazepam hydrochloride (Dalmate®)
- Zolpidem tartrate (Myslee®, etc.)

● Antiepileptics

- Clonazepam (Landsen®, Rivotril®)
- Ethosuximide (Epileo petit mal®, etc.)

● Psychotropics

- Amitriptyline hydrochloride (Tryptanol®, etc.)
- Imipramine hydrochloride (Imidol®, Tofranil®)
- Nortriptyline hydrochloride (Noritren®)
- Paroxetine hydrochloride hydrate (Paxil®, etc.)
- Perphenazine (Trilafon®)
- Quetiapine fumarate (Seroquel®, etc.)
- Risperidone (Risperdal®, etc.)
- Trazodone hydrochloride (Desyrele®, Reslin®, etc.)

● Local anesthetics

- Lidocaine (Xylocaine®, etc.)

● Glaucoma agents

- Timolol maleate (Timoptol®, etc.)

● Otic and nasal agents

- Fluticasone propionate [inhalant, intranasal] (Flutide®, Flunase®, etc.)

● Cardiotonics

- Digoxin (Digosin®, etc.)

● Antiarrhythmic agents

- Amiodarone hydrochloride (Ancaron®, etc.)
- Bepridil hydrochloride hydrate (Bepricor®)
- Disopyramide (Rythmodan®, etc.)
- Flecainide acetate (Tambacor®)
- Mexiletine hydrochloride (Mexitil®, etc.)
- Propafenone hydrochloride (Pronon®, etc.)
- Quinidine sulfate hydrate (quinidine sulfate, etc.)

● Diuretics

- Tolvaptan (Samsca®)

● Antihypertensives

- Eplerenone (Selara®)
- Metoprolol tartrate (Seloken®, Lopresor®, etc.)

● Migraine agents

- Eletriptan hydrobromide (Relpax®)

● Calcium channel blockers

- Amlodipine besilate (Norvasc®, Amlodin®, etc.)
- Diltiazem hydrochloride (Herbesser®, etc.)
- Felodipine (Splendil®, etc.)
- Nicardipine hydrochloride (Perdipine®, etc.)
- Nifedipine (Adalat®, Sepamit®, etc.)
- Verapamil hydrochloride (Vasolan®, etc.)

● Hyperlipidemia agents

- Atorvastatin calcium hydrate (Lipitor®, etc.)

● Antitussives

- Dextromethorphan hydrobromide hydrate (Medicon®, etc.)

● Pulmonary arterial hypertension agents

- Bosentan hydrate (Tracleer®)

Bronchodilators

- Budesonide (Pulmicort®)
- Salmeterol xinafoate (Serevent®)

Antacids

- Magnesium or aluminum-containing antacids (Maalox®, Milmag®, Alumigel®, etc.)

Adrenal hormone preparations

- Dexamethasone (Decadron®, etc.)

Estrogen and progesterone preparations

- Ethinylestradiol (Prosexol®)

Erectile dysfunction agents and dysuria agents

- Sildenafil citrate (Viagra®, etc.)
- Tadalafil (Cialis®, Zolutia®)

Overactive bladder agents

- Tolterodine tartrate (Detrusitol®)

Anticoagulants

- Warfarin potassium (Warfarin®, etc.)

Gout preparations

- Colchicine (colchicine)

Miscellaneous metabolism agents

- Ciclosporin (Sandimmun®, Neoral®, etc.)
- Everolimus (Afinitor®, Certican®)
- Tacrolimus hydrate (Prograf®, etc.)

Antineoplastics

- Dasatinib hydrate (Sprycel®)
- Lapatinib tosilate hydrate (Tykerb®)
- Temsirolimus (Torisel®)

Antibiotics

- Clarithromycin (Clarith®, Klaricid®, etc.)
- Itraconazole (Itrazole®, etc.)
- Rifabutin (Mycobutin®)
- Voriconazole (Vfend®, etc.)

Antivirals

- Aciclovir (Zovirax®, etc.)
- Ganciclovir (Densosine®)
- Valaciclovir hydrochloride (Valtrex®, etc.)
- Valganciclovir hydrochloride (Valixa®)

Write down the medicines that you are currently taking.

*Including prescription medicines, over-the-counter medicines, vitamins, herbal supplements, health foods, etc.

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If you do not know whether or not the medicine you are taking is included in this list, ask your prescribing doctor or pharmacist.

In addition, do not start taking any new medicine while you are taking GENVOYA Combination Tablets without asking your doctor or pharmacist first.



What should you do if you miss a dose of GENVOYA Combination Tablets?

The most important thing is to take measures to prevent missing a dose.

Not missing a dose is the most important course of action for continuously suppressing HIV activity. Make out a schedule for taking GENVOYA Combination Tablets at a regular time in order to ensure that you don't forget.



Should you miss a dose of GENVOYA Combination Tablets...

If you miss a dose, take one dose of GENVOYA Combination Tablets (one tablet) as soon as possible after you realize that you have forgotten to take the medicine. Subsequently, continue taking GENVOYA Combination Tablets as scheduled.

If it is close to the time for the next administration when you realize that you have missed a dose, wait until the next administration and take one dose as scheduled.

What you must not do if you miss taking a dose!

Never take two or more doses of GENVOYA Combination Tablets (two or more tablets) at a time.

You should ask your healthcare provider (doctor or pharmacist) in advance what to do if you forget to take GENVOYA Combination Tablets.



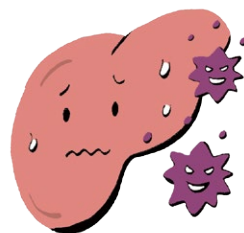
Precaution for taking GENVOYA Combination Tablets

If you are infected by hepatitis B virus

If you are infected by hepatitis B virus (HBV)⁴⁾ and take GENVOYA Combination Tablets, your hepatitis condition may relapse or rapidly deteriorate when you stop taking GENVOYA Combination Tablets. Therefore, before starting the administration of GENVOYA Combination Tablets, you need to check that you are not infected by HBV.

Note 4) Hepatitis B virus (HBV)

Hepatitis B virus causes chronic hepatitis B. HBV continues to multiply in hepatocytes, but does not kill cells directly. Therefore, it must be noted that even healthy people can be carriers of HBV. It is estimated that 1.5 million Japanese people are infected by HBV.



Notes

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What are the side effects of GENVOYA Combination Tablets?

After the administration of GENVOYA Combination Tablets, the following serious adverse effects may occur:

- Recurrence or worsening of the hepatitis B described in “Precaution for taking GENVOYA Combination Tablets” (page 10)
- Changes in your immune system⁵⁾
- Kidney problems⁶⁾
- Bone problems⁷⁾
- Lactic acidosis⁸⁾
- Fatty liver or hepatomegaly⁹⁾

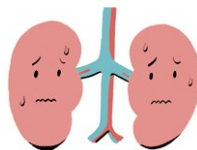


Note 5) Changes in your immune system

After the rapid improvement in your immunity following the administration of anti-HIV medicines, you may feel abnormalities in your body as your immune system functions.

Note 6) Kidney problems

Anti-HIV medicines may cause kidney problems. In clinical studies, GENVOYA Combination Tablets had less of an impact on kidney lab test results than the comparator medicine, STRIBILD Combination Tablets. However, GENVOYA Combination Tablets may cause additional kidney problems, including kidney failure and dysfunction, or worsen existing kidney problems. Blood and urine tests are required both before and during administration of GENVOYA Combination Tablets. Your doctor may tell you to stop taking GENVOYA Combination Tablets if your kidney function worsens during administration of GENVOYA.



Note 7) Bone problems

Bone problems may occur as a result of HIV infection or the effect of GENVOYA Combination Tablets or other medicines. If you have a pre-existing bone disease(s), you may need to take a bone density test, etc.



Note 8) Lactic acidosis

Lactic acidosis is a state of elevated blood lactate level. If you experience symptoms such as a severe feeling of weakness or fatigue, severe muscle pain, or shortness of breath, immediately contact the hospital.

Note 9) Fatty liver or hepatomegaly

This is a condition in which fat accumulates in the liver, or the liver enlarges. If you experience symptoms such as yellowing of the skin or of the whites of your eyes, darkening of the color of your urine, or whitening of the color of your stool, immediately contact the hospital.

Before administration of GENVOYA Combination Tablets, make sure to tell your healthcare provider if any of the following apply to you.

- Have or have had any liver problems, including HBV infection
- Have or have had any kidney problems
- Have or have had any bone problems
- Have any other medical conditions

The most common side effects from taking GENVOYA Combination Tablets are nausea, diarrhea, headache, etc.



Although there are cases where you need to discontinue GENVOYA Combination Tablets due to side effects, never discontinue the medicine or change how you take it based only on your own judgment. **If you notice any physical abnormalities, contact your hospital immediately.**

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Taking GENVOYA Combination Tablets during pregnancy?

Avoid taking GENVOYA during your pregnancy.

It has been reported that the blood concentrations of active ingredients contained in GENVOYA Combination Tablets decline if taken during pregnancy.

If you are pregnant or plan to become pregnant, be sure to tell your doctor before taking GENVOYA Combination Tablets.



Breast-feeding

Avoid breast-feeding, since it may result in HIV being transmitted from mother to infant.

Emtricitabine contained in GENVOYA Combination Tablets may be excreted in milk. It is unknown whether elvitegravir, cobicistat, and tenofovir alafenamide are excreted in milk. In addition, the effects of GENVOYA Combination Tablets on the infant are unknown. **Ask your doctor about meals for infants.**

If you would like to know more about HIV infection, access:

- AIDS Clinical Center, National Center for Global Health and Medicine
<https://www.acc.go.jp/> (Japanese version only) (Viewed on September 10, 2021)
- AIDS Medical Center, National Hospital Organization
Osaka National Hospital
<https://osaka.hosp.go.jp/department/khac/center/>
(Japanese version only) (Viewed on September 10, 2021)
- AIDS Prevention Information Network
<https://api-net.jfap.or.jp/>
(Japanese version only) (Viewed on September 10, 2021)



Is there anything else you should know?

Take note of the following points.

- Get regular examinations while taking GENVOYA Combination Tablets. Do not discontinue or change how you take GENVOYA Combination Tablets based on your own judgment alone without instructions from your doctor.
- Do not give GENVOYA Combination Tablets to others.

Precautions in everyday life

- Overseas research has demonstrated¹⁻⁴ that HIV transmission to a sexual partner can be prevented* by taking effective treatment that persistently suppresses the HIV RNA content to less than 200 copies per milliliter of blood. However, it has not been proven that taking the treatment will ensure complete prevention of HIV transmission.
- The partner could be infected with sexually transmitted disease such as hepatitis B, chlamydia, gonorrhoea, and syphilis, or may have a type of HIV that does not respond as well to the treatment. Thus, proper use of condoms is advised when engaging in sexual activities in order to prevent becoming infected by such sexually transmitted diseases.

*Undetectable = Untransmittable; U = U

1: Rodger A, et al.: JAMA 2016; 316(2): 171

3: Bavinton BR, et al.: Lancet HIV 2018; 5(8): e438

2: Rodger AJ, et al.: Lancet 2019; 393: 2428

4: HIV Treatment Guidelines, March 2021

How to store GENVOYA Combination Tablets

- Keep GENVOYA Combination Tablets out of the reach of children.
- Keep GENVOYA Combination Tablets in its original container.
- Store GENVOYA Combination Tablets **at room temperature, away from moisture**. Do not store GENVOYA Combination Tablets at extremely high or low temperatures.
- **Be sure to close the cap of the container** after taking out a tablet for administration.
- **Leave the desiccant (photo on the right)** in the container during storage.



Desiccant

How to uncup the container of GENVOYA Combination Tablets

- Follow the characteristic method for uncapping the container of GENVOYA Combination Tablets.

- 1) **While holding down the cap,**
- 2) **Turn the cap to the left.**



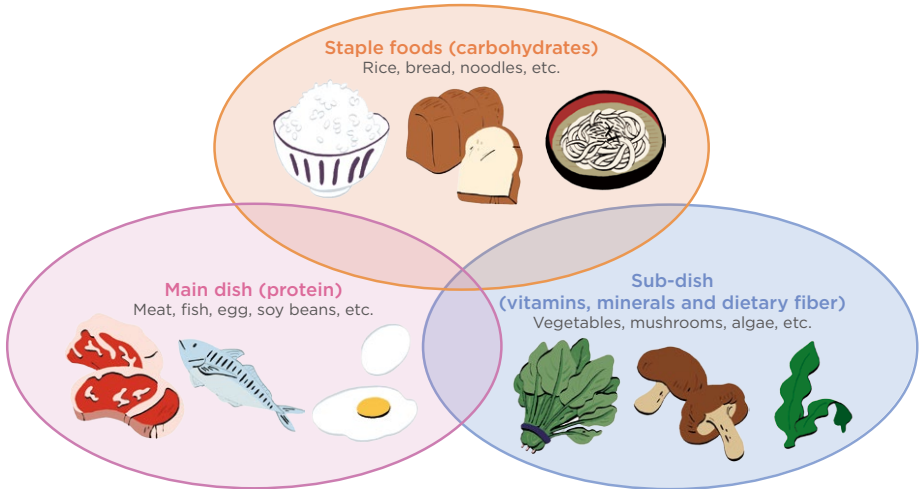
Citation: GENVOYA Full Prescribing Information (Issued: March 2016), Gilead Sciences, Inc.

Meals (1)

Meals are a source of everyday vigor and provide energy for maintaining the immune system. Delight brought about by taking meals also refreshes your mind and body. Try to eat well-balanced food and live healthily.

Well-balanced food signifies having three meals regularly. Every time you eat, it is recommended to mind the combination of staple foods (carbohydrates), the main dish (protein), and the sub-dish (vitamins, minerals and dietary fiber).

* If you have a lifestyle-related disease or other complications, follow the instructions of healthcare providers.



For example, when you choose light food at a convenience store, it is well balanced to combine a staple food (rice balls), the main dish (boiled egg), and the sub-dish (vegetable salad).



A makunouchi lunchbox or Chinese rice bowl also provides a staple food, the main dish and the sub-dish in good balance.



Makunouchi lunchbox
Energy: 740 kcal; fat: 19.7 g

Staple food: rice
Main dish: grilled fish and Japanese-style rolled omelette
Sub-dish: stewed vegetables






















Chinese rice bowl
Energy: 841 kcal; fat: 28.9 g

Staple food: rice
Main dish: squid, shrimp, meat and egg
Sub-dish: Chinese cabbage, carrot, etc.

Balanced combination of ready-to-eat food products

When you buy food products at a convenience store or a supermarket, select them keeping good balance in mind.




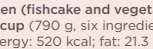







Staple food				
	Salmon rice ball (120 g per piece) Energy: 212 kcal; fat: 2.6 g	Bread and butter (60 g per slice) Energy: 203 kcal; fat: 7.5 g	Spaghetti with tomato sauce (85 g of dried pasta) Energy: 421 kcal; fat: 8.3 g	Udon noodles with hot soup (225 g of boiled udon) Energy: 326 kcal; fat: 1.0 g
	+			
	Main dish			
Boiled egg with salt (55 g per piece) Energy: 83 kcal; fat: 5.7 g		Cold tofu (excluding soy sauce) Energy: 116 kcal; fat: 6.0 g	Natto (fermented soybeans) with Chinese chives (40 g of natto) Energy: 87 kcal; fat: 4.1 g	Salisbury steak (70 g of minced beef and pork) Energy: 322 kcal; fat: 20.2 g
				
Processed cheese (18 g per piece) Energy: 61 kcal; fat: 4.7 g		Ham and eggs (55 g of egg) Energy: 217 kcal; fat: 17.2 g	Deep-fried boneless chicken leg (80 g of boneless chicken leg with skin) Energy: 263 kcal; fat: 17.0 g	Simmered mackerel with miso (80 g of mackerel) Energy: 200 kcal; fat: 9.9 g
+				
Sub-dish				
	Sautéed burdock root (60 g of burdock) Energy: 92 kcal; fat: 2.1 g	Spinach marinated in sesame paste (80 g of spinach) Energy: 53 kcal; fat: 2.8 g	Simmered kiriboshi-daikon (dried radish strips) (10 g of dried kiriboshi-daikon) Energy: 126 kcal; fat: 5.8 g	Potato salad (110 g of potato) Energy: 195 kcal; fat: 11.4 g
				
	Braised pumpkin (90 g of pumpkin) Energy: 113 kcal; fat: 0.3 g	Corn soup (50 g of canned corn) Energy: 150 kcal; fat: 6.3 g	Lettuce salad (60 g of lettuce, including dressing) Energy: 74 kcal; fat: 6.1 g	Tonjiru (miso soup with pork and vegetables) (21 g of boneless pork rib) Energy: 170 kcal; fat: 10.9 g

Sources: "Guide to Calories in Everyday Meals (Revised Version)" (Kagawa Nutrition University Publishing Division) and "Standard Tables of Food Composition in Japan 2015 (Seventh Revised Version)" (Ministry of Education, Culture, Sports, Science and Technology)
It has been verified that the medicinal ingredients in GENVOYA® Combination Tablets are sufficiently absorbed into the body when taken after the oral intake of ENSURE LIQUID® (energy: 250 kcal; fat: 8.8 g). Use this as a guide when selecting meal combinations.

Meals (2)

Supportive food when you cannot eat well (snacks, dietary supplements, beverages, etc.)

● Energy and fat from snacks, dietary supplements and beverages

Energy	Food	
400 kcal or higher	 <p>Bread with tsubuan (sweet chunky red bean paste) & margarine (160 g per piece) Energy: 610 kcal; fat: 29.4 g</p>	 <p>Nissin Yakisoba U.F.O. (128 g per piece) [Nissin Foods] Energy: 556 kcal; fat: 20.9 g</p>
300 kcal or higher	 <p>Meiji Essel Super Cup Super Vanilla (200 mL per piece) [Meiji] Energy: 380 kcal; fat: 23.5 g</p>	 <p>Assorted oden (fishcake and vegetable stew), large cup (790 g, six ingredients) Energy: 520 kcal; fat: 21.3 g</p>
200 kcal or higher	 <p>French toast (90 g per serving) Energy: 358 kcal; fat: 14.9 g</p>	 <p>Mixed sandwiches (135 g per pack) Energy: 354 kcal; fat: 21.0 g</p>
100 kcal or higher	 <p>Cereal (40 g of cornflakes and 200 mL of milk) Energy: 286 kcal; fat: 8.3 g</p>	 <p>Hamburger (108 g per piece) [McDonald's] Energy: 260 kcal; fat: 9.6 g</p>
	 <p>Cookies (60 g per piece) Energy: 276 kcal; fat: 12.9 g</p>	 <p>Baumkuchen (60 g) Energy: 252 kcal; fat: 15.3 g</p>
100 kcal or higher	<p>Dietary supplements</p> <p>Ippon Manzoku Bar Cereal Chocolate (37 g per bar) [Asahi Group Foods] Energy: 195 kcal; fat: 11 g</p> <p>Balance Up Cream Genmai Bran Blueberry (36 g for two pieces per pack) [Asahi Group Foods] Energy: 176 kcal; fat: 9.3 g</p>	<p>Beverages</p> <p>SOYJOY Blueberry (30 g per bar) [Otsuka Pharmaceutical] Energy: 135 kcal; fat: 7.6 g</p> <p>Mt.RAINIER caffe latte (240 mL per bottle) [Morinaga Milk] Energy: 166 kcal; fat: 7.2 g</p> <p>Whole milk (200 mL) Energy: 134 kcal; fat: 7.6 g</p>
Lower than 100 kcal	<p>Knorr® Cup Cream Corn Soup (17.6 g per pack) [Ajinomoto] Energy: 76 kcal; fat: 2.6 g</p>	 <p>Milk tea (200 mL, milk:tea = 1:1, without sugar) Energy: 71 kcal; fat: 4.0 g</p>

Sources: "Guide to Calories in Everyday Meals (Revised Version)" (Kagawa Nutrition University Publishing Division) and "Standard Tables of Food Composition in Japan 2015"

It has been verified that the medicinal ingredients of GENVOYA® Combination Tablets are sufficiently absorbed.

It is desirable to eat well-balanced meals.

If it is difficult to eat adequately, try to add snacks, dietary supplements, beverages, etc.

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Almond Chocolate
(88 g per box)
[Meiji]
Energy: 500 kcal;
fat: 33.6 g



Castella cake (135 g)
Energy: 424 kcal; fat: 6.1 g



Half-melon shaped bun (100 g per piece)
Energy: 402 kcal; fat: 9.3 g

**Nutritionally balanced food
Calorie Mate BLOCK Cheese**
(80 g, 4 blocks)
[Otsuka Pharmaceutical]
Energy: 400 kcal; fat: 22.2 g



Fried chicken (100 g per piece)
Energy: 340 kcal; fat: 22.6 g



Curry bread (105 g per piece)
Energy: 330 kcal; fat: 17.3 g



Cream bun (105 g per piece)
Energy: 320 kcal; fat: 11.4 g



Cream puff (100 g per piece)
Energy: 303 kcal; fat: 19.7 g



**Nikumun (steamed
pork bun)**
(100 g per piece)
Energy: 251 kcal;
fat: 4.4 g



Doughnut (50 g per piece)
Energy: 226 kcal; fat: 11.7 g



Dorayaki (bean-jam pancake)
(80 g per piece)
Energy: 218 kcal; fat: 1.2 g



Caramel pudding (125 g per piece)
Energy: 208 kcal; fat: 13.4 g

**Nutritionally
balanced food
Calorie Mate
Apple Jelly**
(215 g per pack)
[Otsuka Pharmaceutical]
Energy: 200 kcal;
fat: 4.4 g



Milk cocoa
(with 12 g of sugar)
Energy: 203 kcal;
fat: 9.3 g

**Meiji Bulgaria Nomu Yogurt
LB81 Plain** (200 g per pack)
[Meiji]
Energy: 134 kcal; fat: 1.0 g



Processed soy milk
(200 mL)
Energy: 128 kcal;
fat: 7.2 g

Fruit



Banana (120 g)
Energy: 103 kcal;
fat: 0.2 g



Yogurt with jam
(130 g of yogurt
(whole fat, sugarless))
Energy: 100 kcal;
fat: 3.9 g

Yasaiseikatsu 100 Original
(200 mL per pack)
[Kagome]
Energy: 64 kcal; fat: 0 g



Apple
(150 g of half an unpeeled apple)
Energy: 92 kcal; fat: 0.5 g



Pineapple
(150 g of cut pineapple)
Energy: 77 kcal; fat: 0.15 g



Mandarin orange
(140 g of unpeeled mandarin orange)
Energy: 64 kcal; fat: 0.1 g

D15 (Seventh Revised Version)" (Ministry of Education, Culture, Sports, Science and Technology); and the respective websites of each product (accessed December 2018)
sorbed into the body when taken after the oral intake of ENSURE LIQUID® (energy: 250 kcal; fat: 8.8 g). Use this as a guide when selecting meal combinations.

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〈英語版〉

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