From the Embassy of the United States Tokyo, Japan

“Decisions on what medications or medical devices may be imported legally into Japan are made by the Japanese Government, and unfortunately the limited information available at the American Embassy and our Consulates does not include comprehensive lists of specific medications or ingredients. This information is available only from the Japanese authorities, subject to change. “

Please read the website below provided by the Japanese government:
http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html

The website below provides a discussion by the US Embassy that includes links to other important Japanese government websites.
http://japan.usembassy.gov/e/acs/tacs-medimport.html

Before mailing or bringing any medication to Japan, read the above referenced web sites and important links carefully. If you fail to follow Japanese law you may be arrested and detained.

For further details, contact either the Japanese Embassy or Consulate directly.
http://www.embjapan.org/us-consulates/