

PATIENT INFORMATION LEAFLET

Boots EFFERVESCENT HEALTH SALTS

Citric acid, Magnesium Sulphate, Sodium Bicarbonate

- ✓ **Effective relief of indigestion, heartburn, upset stomach and occasional constipation**
227 g e

Read all of this label for full instructions.

Uses: An antacid and laxative for the relief of upset stomach, heartburn, indigestion, feeling sick and for the relief of occasional constipation.

Before you take this medicine

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have severe** stomach problems
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains sucrose)

! Talk to your pharmacist or doctor:

- If you have heart, kidney or liver problems
- If you have diabetes
- If you need to use a laxative every day
- If you have severe stomach pain
- If you are elderly, or feel very weak
- If you are on a low salt (sodium) diet (each level teaspoon of powder contains 185 mg sodium)
- If you are pregnant or breastfeeding

✓ How to take this medicine

Check the inner seal is not broken before first use. If it is, do not use the powder.

Use a dry spoon to measure. Mix the amount in the table with a glass of water and drink the solution, before it stops fizzing. Replace lid firmly after use.

Age	How much to take
Adults	For upset stomach, heartburn, indigestion, feeling sick: One or two teaspoonfuls For constipation: Two teaspoonfuls before breakfast or at bedtime
Children of 3 years and over	Reduce the amount above according to size and age

Do not give to children under 3 years.

Do not take this medicine for long periods of time (generally more than a week).

Do not take more than the amount recommended above.

If symptoms worsen talk to your doctor.

If symptoms don't go away talk to your doctor.

Possible side effects

Most people will not have problems, but some may get some of these:

- Gripping pain in your stomach
- Diarrhoea, feeling sick, being sick

If you have taken the medicine for a long time you may get:

- Light headedness, confusion
- Muscle weakness, cramps
- Numbness, tingling, breathing problems

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

Store in a dry place below 25°C and away from strong smells.

Keep all medicines out of the sight and reach of children.

Use by the date on the base of the tub. Throw away any powder left 3 months after opening.

Active ingredients: This effervescent powder contains Citric Acid 19.5% w/w, Magnesium Sulphate 17.4% w/w, Sodium Bicarbonate 22.6% w/w.

Also contains: sucrose.

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Text prepared 5/11

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the MA holder Wrafton Laboratories Limited Braunton Devon EX33 2DL

If you need more advice ask your pharmacist.

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