

## Information for the user

# Boots Indigestion Relief Tablets Peppermint (Calcium Carbonate)

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

## What this medicine is for

This medicine contains Calcium Carbonate which belongs to a group of medicines called antacids that act to neutralise excess acid in the stomach.

It can be used to relieve the symptoms of indigestion, heartburn, acidity and wind.

## Before you take this medicine

This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

### **X Do not take:**

- **If you have high blood calcium levels**
- **If you have kidney stones** or kidney problems
- **If you have an overactive parathyroid gland**
- **If you suffer from Zollinger-Ellison syndrome**, a rare disease which causes frequent stomach ulcers
- **If you are on a low phosphate diet**
- **If you are taking heart medicines** such as digoxin
- **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 are pregnant

## Other important information

**Breastfeeding:** You can take this medicine if you are breastfeeding.

**Information about some of the ingredients in this medicine:** Each tablet contains 615 mg sucrose. This should be taken into account by people with diabetes.

## If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Water tablets
- Tetracycline antibiotics (for infections)
- Bisphosphonates (for bone problems)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

## ✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take them
Adults and children of 12 years and over	One or two	When you need to. <b>Don't take more than 16 tablets in 24 hours.</b>

Suck or chew the tablets.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

**! If you take too many tablets:** Talk to a pharmacist or doctor.

## Possible side effects

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

- Constipation, wind
- Changes in blood chemistry which may cause you to feel tired, irritable or have stiff muscles or cramp
- Return of indigestion when you stop taking the tablets

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

## How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

## What is in this medicine

Each tablet contains Calcium Carbonate 500 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain sucrose, maize, starch, calcium stearate, saccharin sodium, peppermint oil.

The pack contains 24, 48 or 96 tablets. The tablets are white and round and peppermint flavoured.

## Who makes this medicine

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

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

## Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Indigestion Relief Tablets Peppermint Flavour

Reference number: 12063/0011

This is a service provided by the Royal National Institute of the Blind.

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