

PACKAGE LEAFLET: INFORMATION FOR THE USER

Boots Heartburn Relief

Aniseed Flavour

Sodium bicarbonate, Sodium alginate, Calcium carbonate

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. Always take this medicine exactly as described in the leaflet or as your doctor or pharmacist has told you.

What Boots Heartburn Relief is and what it is used for

Boots Heartburn Relief belongs to a group of medicines called 'reflux suppressants' which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach where it works into the food pipe causing pain and discomfort. Boots Heartburn Relief is used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion, which may occur, for example, following meals or during pregnancy.

Before using Boots Heartburn Relief

Do not take this product if:

- You know you are allergic to any of the ingredients as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list of ingredients).

Take special care before treatment with Boots Heartburn Relief:

This medicine contains small amounts of sodium (6 mmol per 10 ml). If you have been advised to follow a low sodium (salt) diet ask your doctor before taking this product.

Boots Heartburn Relief contains ethyl parahydroxybenzoate (E214), propyl parahydroxybenzoate (E216), and butyl parahydroxybenzoate which may cause an allergic reaction (possibly delayed). Boots Heartburn Relief may be used during pregnancy and breast-feeding.

Taking other medicines

Do **not** take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. This is especially important if you are taking antihistamines, antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, antifungals such as ketoconazole, digoxin and beta blockers (for heart conditions), penicillamine (for rheumatoid arthritis), glucocorticoid (for inflammatory and autoimmune disorders), neuroleptics (for mental illness), thyroid hormones, chloroquine (for malaria), estramustine (for prostate cancer), bisphosphonates (for osteoporosis), ACE inhibitors (for high blood pressure), analgesics (for pain relief), antiepileptics and antipsychotics.

How to take Boots Heartburn Relief

To be taken by mouth, after meals and at bedtime. Shake bottle well before use.

Adults and children over 12 years: Take 10-20 ml (two to four 5 ml spoonfuls) after meals and at bedtime, up to four times a day.

Children 6 to 12 years: Take 5-10 ml (one to two 5 ml spoonfuls) after meals and at bedtime, up to four times a day.

Children under 6 years: Not recommended.

If you take too much of this product you may feel bloated. It is unlikely to cause any harm, but please consult your doctor or pharmacist. If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

After taking Boots Heartburn Relief:

If symptoms persist after 7 days consult your doctor.

Possible Side effects

Very rarely (less than 1 in 10,000 patients treated) an allergic reaction to the ingredients may occur. Symptoms of this may include skin rash, difficulty in breathing, dizziness or swelling of the face, lips, tongue or throat. If you experience these or any side-effects stop taking the product and consult your doctor or pharmacist.

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

How to store Boots Heartburn Relief

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

Do not use after the expiry date shown on the pack (EXP month/year). Do not store above 25°C. Do not refrigerate.

Further information

Each 5 ml of this medicine contains 133.5 mg Sodium Bicarbonate, 250 mg Sodium Alginate, 80 mg Calcium Carbonate. It also contains carbomer, sodium hydroxide, saccharin sodium, ethyl parahydroxybenzoate (E214), propyl parahydroxybenzoate (E216), butyl parahydroxybenzoate, isopropyl alcohol, erythrosine colour (E127), star anise oil and purified water.

MA Holder and Manufacturer

Pinewood Laboratories Ltd., Ballymacarbry, Clonmel, Co. Tipperary, Ireland.

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