

Package Leaflet: Information for the user



Indigestion Relief Tablets Peppermint Calcium Carbonate

Read all of this leaflet carefully before you take this medicine because it contains important information you need to know.

This medicine is available without prescription, however, you still need to use this product carefully to get the best results from it. Keep this leaflet as you may need to read it again. Ask your pharmacist if you need more information or advice.

1. What is this medicine and what is it used for?

This medicine contains:

- **calcium carbonate** which is an antacid and helps to reduce acidity in the stomach.

These tablets are for the relief of indigestion, heartburn, stomach pain or discomfort (dyspepsia), acidity and passing wind (flatulence).

2. Is this medicine suitable for you?

If you need to use this product and are taking other medicines by mouth, it is recommended to take them 2 hours apart, as it may interfere with the action of some other medicines.

Do not take this medicine if you:

- are **allergic** to calcium carbonate or any of the other ingredients
- have kidney problems, including kidney stones or a history of kidney stones
- have an overactive parathyroid gland
- have heart problems and are taking cardiac glycosides (e.g. digoxin)
- are on a low phosphate diet
- have been told by your doctor that you have high levels of calcium or low levels of phosphate in your blood
- have Zollinger-Ellison syndrome (a tumour in the stomach that causes excess acid production)
- are under 12 years of age.

Please see your doctor or pharmacist before taking this medicine if you:

- are pregnant
- are elderly
- have diabetes
- have an intolerance to some sugars
- have high calcium levels in your urine.

If you are taking any of the following medicines please see your doctor:

- tetracycline or quinolone antibiotics (e.g. sumycin and tetracycln)
- are taking any heart medicines (especially digoxin) or beta-blockers (e.g. atenolol, metoprolol and propranolol), which can also be used to treat high blood pressure
- bisphosphonates, a group of medicines used to treat bone diseases (e.g. etidronate and pamidronate)
- thiazide diuretics, sometimes called water tablets, which are medicines used to treat high blood pressure and fluid retention (e.g. chlortalidone and metolazone)
- ketoconazole, used to treat fungal infections

- drugs used for the treatment of schizophrenia and bipolar disorder
- drugs used to treat rheumatoid arthritis and metabolic disorders (e.g penicillamine)
- drugs used to treat stomach ulcers and acid reflux (e.g cimetidine and ranitidine)
- chloroquine, used to treat malaria
- glucocorticoids, used to treat allergic, inflammatory and autoimmune disorders
- oral iron medicines used to treat anaemia
- thyroxine, used to treat an underactive thyroid gland.

Information about some of the ingredients in this medicine:

Each tablet contains 615 mg of sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. This should be taken into account in patients with diabetes. May be harmful to the teeth.

This medicine contains less than 1 mmol sodium (23 mg) per 2 tablets, that is to say essentially 'sodium-free'.

3. How to take this medicine

To be sucked or chewed as preferred.

Adults, the elderly and children over 12 years:

1 or 2 tablets, as required. Do not take more than 16 tablets in any 24 hour period.

Do not give to children under 12 years.

Do not take more medicine than the label tells you to. If your symptoms persist for more than 7 days or worsen, you must see a doctor or pharmacist.

If you take too many tablets by mistake, contact your doctor or pharmacist straight away.

4. Possible side effects

Most people do not have any side effects while taking this medicine. However, if you experience any of the following side effects, or anything else unusual happens, stop taking the medicine immediately, and see your doctor or pharmacist.

Side effects are:

- allergic reactions, such as skin rash, peeling of the skin, itching, swollen red areas of the skin, sometimes with shortness of breath or swelling of the mouth, lips, tongue, throat or face
- constipation, diarrhoea, stomach pain, belching, and passing wind (flatulence)
- fatigue, confusion, poor appetite, feeling sick or being sick as these may be signs of changes in the amount of calcium and the pH (measure of acidity or alkalinity) of your blood (this is only seen after regular use)
- muscle weakness
- heartburn (acid rebound), this is most likely to occur when you stop taking this type of medicine

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.

5. How to store your medicine

Keep out of the sight and reach of children.

Do not use this medicine after the end of the month shown as an expiry date printed on the pack.

Do not store above 25°C.

6. What is in this medicine?

Each tablet contains the active ingredient: calcium carbonate 500 mg.

The other ingredients are: sucrose, maize starch, calcium stearate, peppermint oil and sodium saccharin.

This product is available in pack sizes of 8, 24, 48, 72 and 96 tablets. Not all pack sizes may be marketed.

7. 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

Reference number: 12063/0011

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

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