



# SPEARMINT



Calcium carbonate, Magnesium carbonate

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

This medicine is available without prescription. However, you still need to take Rennie Spearmint tablets carefully to get the best results from them. Keep this leaflet, you may need to read it again. Ask your pharmacist if you need more information or advice. You must contact a doctor if your symptoms worsen or do not improve. If you have any unusual effects after taking Rennie Spearmint, tell your doctor or pharmacist.

## IN THIS LEAFLET

1. What is Rennie Spearmint and what is it used for?
2. Before you take Rennie Spearmint
3. How to take Rennie Spearmint
4. Possible side effects
5. How to store Rennie Spearmint
6. Further information

## 1. WHAT IS RENNIE® SPEARMINT AND WHAT IS IT USED FOR?

**Rennie Spearmint** is an antacid tablet which quickly relieves indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, gastritis, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness.

## 2. BEFORE YOU TAKE RENNIE® SPEARMINT

### Do not take Rennie Spearmint:

- If you have severe kidney disease.
- If you have high calcium in the urine or kidney stones.
- If you have high calcium or low phosphate levels in the blood.
- If you are allergic (hypersensitive) to any of the ingredients (listed in Section 6. Further Information).

### Special precautions :

Do not exceed the stated dose. Rennie Spearmint should not be used for more than 14 days without consulting a doctor. Please consult your doctor or pharmacist if you have mild or moderate kidney problems as regular blood tests should be carried out. This product contains sucrose and glucose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

### Taking Rennie Spearmint with food and drink

Avoid taking Rennie Spearmint with large amounts of milk or dairy products.

### Taking other medicines:

- Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.
- If you are taking any of the following medicines speak to your doctor or pharmacist before taking Rennie Spearmint because it can affect how these medicines work.
  - Tetracyclines and quinolones (antibiotics)
  - Levothyroxine (a thyroid hormone)
  - Eltrombopag (used to increase the number of platelets)
  - Digoxin (used for some heart conditions)
  - Thiazide diuretics (water tablets to treat fluid retention and high blood pressure)
  - Fluorides (for preventing dental caries)
  - Phosphates (for clearing the bowel before a surgical procedure)
  - Iron supplements
- To maximise the benefit of all medicines being used, take Rennie Spearmint at least 4 hours before or after taking eltrombopag and 1 to 2 hours after taking any other medicines.

## 3. HOW TO TAKE RENNIE® SPEARMINT

**Adults and children over 12 years only:** 2 tablets to be sucked or chewed, as required, preferably 1 hour after meals and before bedtime. For heartburn an extra 2 tablets may be taken between these times. Do not take more than 10 tablets a day.

**Children under 12 years:** Not recommended.

If symptoms persist after 14 days consult your pharmacist or doctor. Prolonged use should be avoided.

### Pregnancy and breast-feeding:

Rennie Spearmint can be used during pregnancy and breast-feeding if taken as instructed.

### If you take more Rennie Spearmint than you should:

Drink plenty of water and consult your doctor or pharmacist. Symptoms of an overdose include nausea and vomiting, tiredness, constipation and muscular weakness.

If you have any questions on the use of this product, ask your doctor or pharmacist.

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, Rennie Spearmint can cause side effects, although not everybody gets them. Side effects are unlikely at the recommended dose. If you experience the following side effects stop treatment immediately and seek medical advice.

Rarely allergic reactions to ingredients have been reported, e.g. rashes, itching, difficulty in breathing and swelling of the face, mouth or throat and anaphylactic shock (anaphylactic shock is a severe sudden allergic reaction, symptoms of which are low blood pressure, shock, palpitations, difficulty in breathing, bronchospasm, skin reactions, abdominal pain or cramps, vomiting and diarrhoea).

Long term use of high doses can cause high blood levels of calcium and magnesium, especially in people with kidney conditions. Symptoms of this may include nausea, vomiting, upset stomach, diarrhoea, tiredness, muscular weakness, headache, kidney problems and impaired sense of taste. In exceptional cases, long term use of high doses can lead to milk alkali syndrome, which can cause high blood levels of calcium.

## 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](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

## 5. HOW TO STORE RENNIE® SPEARMINT

Keep out of the reach and sight of children. Store below 25°C and keep in the original pack. Do not use Rennie Spearmint after the expiry date which is stated on the carton and blister. The expiry date refers to the last day of that month.

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6. FURTHER INFORMATION

### What Rennie Spearmint contains:

Each tablet contains the active ingredients: calcium carbonate 680mg and heavy magnesium carbonate 80mg.

The other ingredients are sucrose, glucose (250mg), spearmint flavour, talc, povidone, saccharin sodium, magnesium stearate.

### What Rennie Spearmint looks like and the contents of the pack:

Rennie Spearmint are cream white square tablets, engraved "RENNIE" on both faces.

Rennie Spearmint are available in packs of 12, 24, 36, 48, 72, 96, 120 tablets. Not all pack sizes may be marketed.

### Marketing Authorisation Holder and Manufacturer:

Marketing Authorisation Holder: Bayer plc, Consumer Care Division, Bayer House, Strawberry Hill, Newbury, Berkshire, RG14 1JA, UK. [consumer.care@bayer.co.uk](mailto:consumer.care@bayer.co.uk)

Manufacturer: Delpharm Gaillard, 74240 Gaillard, France.