

Package Leaflet: Information for the user

Calcium Carbonate 500mg Chewable Tablets

Calcium Carbonate

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.
- Ask your pharmacist if you need more information or advice.
- You must talk to a doctor if you do not feel better or if you feel worse after two weeks.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Calcium Carbonate 500mg Chewable Tablets are and what they are used for
2. What you need to know before you take Calcium Carbonate 500mg Chewable Tablets
3. How to take Calcium Carbonate 500mg Chewable Tablets
4. Possible side-effects
5. How to store Calcium Carbonate 500mg Chewable Tablets
6. Contents of the pack and other information

1. What Calcium Carbonate 500mg Chewable Tablets are and what they are used for

Calcium Carbonate 500mg Chewable Tablets are Orange Flavour fast-acting tablets get to work within minutes to provide effective relief from heartburn, indigestion and acid reflux.

Each antacid tablet works powerfully to neutralise excess acid in the stomach.

2. What you need to know before you take Calcium Carbonate 500mg Chewable Tablets

Do not take Calcium Carbonate 500mg Chewable Tablets if you:

- Have severe kidney disease.
- Have high calcium in the urine or kidney stones.
- Have high calcium or low phosphate levels in the blood.
- Are allergic (hypersensitive) to any of the ingredients (listed in Section 6).

Warning and precautions

Do not exceed the stated dose.

This tablet 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.

Other medicines and Calcium Carbonate 500mg Chewable Tablets

- 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 this tablet because it can affect how these medicines work.
 - Tetracyclines and quinolones (antibiotics)
 - Bisphosphonates (used for the treatment of osteoporosis)
 - Dolutegravir (an anti-retroviral medicine used for the treatment of HIV infection)
 - 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 this tablet at least 4 hours before or after taking eltrombopag and 1 to 2 hours after taking any other medicines.

Calcium Carbonate 500mg Chewable Tablets with food and drink

Avoid taking this tablet with large amounts of milk or dairy products.

Pregnancy, breastfeeding:

Calcium Carbonate 500mg Chewable Tablets can be used during pregnancy and breastfeeding if taken as instructed. As this tablet provides a substantial amount of calcium in addition to dietary calcium intake, pregnant women should strictly limit their use of this tablet to the maximum recommended daily dose and avoid concomitant, excessive intake of milk (1 liter contains up to 1.2 g elemental calcium) and dairy products.

Calcium Carbonate 500mg Chewable Tablets contains sucrose

This product contains 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. May be harmful to the teeth.

3. How to take Calcium Carbonate 500mg Chewable Tablets

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 16 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.

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If you take more Calcium Carbonate 500mg Chewable Tablets 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, this medicine 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 especially in people with kidney conditions. Symptoms of this may include nausea, vomiting, upset stomach, constipation, 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 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 affects you can help provide more information on the safety of this medicine.					
5. How to store Calcium Carbonate 500mg Chewable Tablets					
Keep this medicine out of the sight and reach of children. Do not store above 25°C. Store in original package in order to protect from moisture. Do not use this medicine after the expiry date which is stated on the label after EXP. The expiry date refers to the last day of that month. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.					
6. Contents of the pack and other information					
What Calcium Carbonate 500mg Chewable Tablets contain Each chewable tablet contains 500 mg calcium carbonate equivalent to 200 mg calcium. The other ingredients are: Potato starch, Sucrose, Pregelatinised Starch, Sodium Saccharin, Trusil Orange ASV 030002 flavor (IFF), Citric acid anhydrous, purified talc, Magnesium Stearate and Altered Tangerine Yellow.					
Trusil Orange ASV 030002 flavor contains: Emulsifier (INS 414), Maltodextrin, Natural flavouring Substances, Nature Identical flavouring Substances, Preservative (INS 211), Antioxidant (INS 300). Altered Tangerine Yellow contains: Yellow Iron Oxide What Calcium Carbonate 500mg Chewable Tablets look like and contents of the pack Calcium Carbonate 500mg Chewable Tablets are light orange colored, round tablets, plain on both sides. They may contain specks. Calcium Carbonate 500mg Chewable Tablets are available in aluminium foil- PVC film blisters or aluminium foil- PVC/PVDC film blister packs of 8's, 12's, 24's, 32's, 36's, 48's, 60's, 64's, 72's, 84's, 96's or 120's along with leaflet inside the carton. Not all pack sizes may be marketed Marketing Authorisation Holder Flemingo Pharma (UK) Ltd. 1st Floor, Kirkland House, 11-15 Peterborough Road, Harrow, Middlesex, HA1 2AX, United Kingdom. Manufacturer: Flemingo Pharma (UK) Ltd. The Bloc, 38 Springfield Way, Anlaby, Hull, HU 10 6RJ, United Kingdom PL 43461/190 This leaflet was revised in 10/2025.					
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