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Package Leaflet: Information for the user

Flamingo Indigestion Relief Peppermint 680 mg / 80 mg chewable tablets

calcium carbonate, magnesium carbonate

PHARMA CODE XXXX

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 this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- 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 14 days.
- 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.
- Flamingo Indigestion Relief Peppermint 680 mg / 80 mg chewable tablets referred as Flamingo indigestion relief tablets.

What is in this leaflet:

1. What Flamingo indigestion relief tablets are and what they are used for
2. What you need to know before you take Flamingo indigestion relief tablets
3. How to take Flamingo indigestion relief tablets
4. Possible side-effects
5. How to store Flamingo indigestion relief tablets
6. Contents of the pack and other information

1. What Flamingo indigestion relief tablets are and what they are used for

Flamingo indigestion relief tablets provide effective relief from heartburn, indigestion and acid reflux. Each tablet contains two antacids – calcium carbonate and magnesium carbonate - that work quickly and powerfully to neutralise excess acid in the stomach.

2. What you need to know before you take Flamingo indigestion relief tablets

Do not take Flamingo indigestion relief 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.

Flamingo indigestion relief tablets 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 Flamingo indigestion relief 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 Flamingo indigestion relief tablets 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 Flamingo Indigestion Relief Tablets at least 4 hours before or after taking eltrombopag and 1 to 2 hours after taking any other medicines.

Flamingo indigestion relief tablets with food and drink

Avoid taking Flamingo indigestion relief tablets with large amounts of milk or dairy products.

Pregnancy and breastfeeding:

Flamingo indigestion relief tablets can be used during pregnancy and breastfeeding if taken as instructed. As this medicine provides a substantial amount of calcium in addition to dietary calcium intake, pregnant women should strictly limit their use of this medicine 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.

Flamingo indigestion relief tablets contains sucrose and sodium:

This product contains sucrose (200mg). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this

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medicinal product. May be harmful to the teeth. This medicine contains less than 1mmol sodium (23 mg) per tablet, that is to say it is essential 'sodium free'.

3. How to take Flamingo indigestion relief tablets

Adults and children 12 years and over:
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.

Tablets to be taken orally, sucked or chewed or crushed completely and not to be swallowed whole.

If you take more Flamingo indigestion relief 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 and magnesium, 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 effects you can help provide more information on the safety of this medicine.

5. How to store Flamingo indigestion relief tablets

Keep this medicine out of the sight and reach of children.

Store below 25°C. Store in original package to protect from moisture.

Do not use this medicine after the expiry date which is stated on the carton and blister. 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 Flamingo Indigestion Relief Peppermint 680 mg / 80 mg chewable tablets contains

The active substances are calcium carbonate 680mg and magnesium carbonate 80mg in each chewable tablet.

The other ingredients are: sucrose, potato starch, pregelatinised starch, sodium saccharin, magnesium stearate, purified talc and peppermint flavor.

Peppermint Flavor (ASV 030133) contains: flavourings natural, gum arabic/acacia gum, matlodextrin, sodium benzoate, butylated hydroxyanisole.

What Flamingo indigestion relief tablets look like and contents of the pack

Flamingo indigestion relief tablets are white to off white coloured, round tablet, plain on both sides. It may contain specks. Diameter- 16mm.

These tablets are available in plain aluminium foil-PVC/PVDC clear film blister packs of 12, 24, 36, 48, 72, 96 or 120 tablets.

Not all pack sizes may be marketed

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This leaflet was last revised in 02/2026.

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: Flamingo Indigestion Relief Peppermint chewable tablets
Reference Number: PL 43461/0127
This is a service provided by the Royal National Institute of Blind People.

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