## 3. HOW TO TAKE RENNIE® SUGAR FREE

**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. Rennie Sugar Free is suitable for diabetics.

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

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

**If you take more Rennie Sugar Free 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 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 RENNIE® SUGAR FREE

Keep this medicine out of the sight and reach of children.
Do not store above 25°C. Store in the 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 waste water or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## 6. CONTENTS OF THE PACK AND OTHER INFORMATION

**What Rennie Sugar Free contains:**
The active substances are: calcium carbonate 680mg and heavy magnesium carbonate 80mg.
The other ingredients are isomalt (E953) , magnesium stearate, talc, spearmint flavour, saccharin.

**What Rennie Sugar Free looks like and contents of the pack:**
Rennie Sugar Free are cream white square tablets, engraved "RENNIE" on both faces.
Rennie Sugar Free are available in packs of 12, 24, 36, 48, 72, 96 tablets. Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer:**

Marketing Authorisation Holder: Bayer plc,
400 South Oak Way, Reading, RG2 6AD, UK.
consumerhealthuk@bayer.com

Manufacturer: Bayer Bitterfeld GmbH OT Greppin.
Salegaster Chaussee 1, 06803 Bitterfeld, Wolfen, Germany.

This leaflet was last revised in: March 2026



Bayer

# Rennie® SUGAR FREE

## Calcium Carbonate, Magnesium 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 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.
- 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*.
- You must contact a doctor if you do not feel better or if you feel worse after 14 days.

**WHAT IS IN THIS LEAFLET**
1. What Rennie Sugar Free is and what it is used for
2. What you need to know before you take Rennie Sugar Free
3. How to take Rennie Sugar Free
4. Possible side effects
5. How to store Rennie Sugar Free
6. Contents of the pack and other information

## 1. WHAT RENNIE® SUGAR FREE IS AND WHAT IT IS USED FOR

**Rennie Sugar Free** fast-acting tablets get to work within minutes to 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 RENNIE® SUGAR FREE

**Do not take Rennie Sugar Free 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)*.

**Warnings and precautions:**
Do not exceed the stated dose.
Rennie Sugar Free 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 Rennie Sugar Free:**
- 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 Sugar Free 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 Rennie Sugar Free at least 4 hours before or after taking eltrombopag and 1 to 2 hours after taking any other medicines.

**Rennie Sugar Free with food and drink**
Avoid taking Rennie Sugar Free with large amounts of milk or dairy products.

**Pregnancy and breastfeeding:**
Rennie Sugar Free can be used during pregnancy and breastfeeding if taken as instructed.
As Rennie Sugar Free provides a substantial amount of calcium in addition to dietary calcium intake, pregnant women should strictly limit their use of Rennie Sugar Free to the maximum recommended daily dose and avoid concomitant, excessive intake of milk (1 litre contains up to 1.2 g elemental calcium) and dairy products.

**Rennie Sugar Free contains isomalt and saccharin**
This medicine contains 500 mg isomalt in each tablet.
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.