



**PATIENT INFORMATION LEAFLET**  
**GAVISCON PEPPERMINT FLAVOUR TABLETS**  
 Sodium alginate  
 Sodium hydrogen carbonate  
 Calcium carbonate

**Please read this leaflet carefully before you take this medicine. If you are not sure about anything ask your pharmacist or doctor.**

**What are Gaviscon Peppermint Flavour Tablets?**

Gaviscon Peppermint Flavour Tablets belong to a group of medicines called "reflux suppressants", which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach where it works into the food pipe causing pain and discomfort.

**What are Gaviscon Peppermint Flavour Tablets used for?**

Gaviscon Peppermint Flavour Tablets are used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion (related to reflux) which may occur, for example, following meals or during pregnancy, and in patients with symptoms related to oesophagitis.

**Before taking Gaviscon Peppermint Flavour Tablets:**

**Do not take this product if:**

- you know you are allergic to any of the ingredients as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list of ingredients).

**Take special care before treatment with Gaviscon Peppermint Flavour Tablets:**

This medicine contains 11 mmol of sodium (253 mg) and 3.2 mmol of calcium per 4 tablet dose.

- If you have been advised to follow a diet restricted in either of these salts please consult your doctor before taking this product.
- The maximum recommended daily dose of this medicinal product contains 1012 mg sodium (found in table salt). This is equivalent to 50.6% of the adult recommended maximum daily dietary intake for sodium. Talk to your doctor or pharmacist if you need this product on a daily basis for a prolonged period, especially if you have been advised to follow a low salt diet.
- Please also talk to your doctor regarding these salt contents if you suffer or have suffered from significant kidney or heart disease, as certain salts could interfere with these diseases.

This medicine contains 3.75 mg aspartame in each tablet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

**Taking other medicines:**

Do not take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. This is especially important if you are taking antibiotics (tetracyclines and quinolones such as ofloxacin), iron preparation, antifungals such as ketoconazole, digoxin and beta blockers (for heart conditions), penicillamine (commonly for rheumatoid arthritis), glucocorticoid (for inflammatory and autoimmune disorders), neuroleptics (for mental illness), thyroid hormones, chloroquine (for malaria), estramustine (for prostate cancer) and bisphosphonates (for osteoporosis).

**Pregnancy and breast-feeding:**

You can take this product if you are pregnant or breast-feeding. As with all medicines, the treatment duration should be limited as much as possible.

**How to take Gaviscon Peppermint Flavour Tablets:**

For oral administration. Chew thoroughly before swallowing.

**Adults, including the elderly and children 12 years and over:** When symptoms occur take two to four tablets after meals and at bedtime.

**Children under 12 years:** Should only be taken on medical advice.

If you forget a dose, it is not necessary to double the dose next time, just carry on taking as before.

If you take too much of this product you may feel bloated and experience some abdominal discomfort. It is unlikely to cause you any harm, but please consult your doctor or pharmacist.

**After taking Gaviscon Peppermint Flavour Tablets:**

If symptoms persist after 7 days consult your doctor.

**Possible side effects:**

Very rare (less than 1 in 10,000) chance of an allergic reaction to the ingredients. Symptoms of this may include skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat. If you experience these or any other side-effects stop taking the product and consult your doctor immediately.

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:

"<http://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.

**Storing your medicine:**

Do not use this product after the expiry date (EXP: month/year) shown

**KEEP OUT OF THE SIGHT AND REACH OF CHILDREN**

Do not store above 30°C.

**Further information**

Gaviscon Peppermint Flavour Tablets are circular tablets with an off white to cream, slightly mottled appearance. Each chewable tablet contains 250mg sodium alginate, 133.5mg sodium hydrogen carbonate and 80mg calcium carbonate as the active ingredients.

The other ingredients are mannitol (E421), macrogol 20,000, copovidone, aspartame (E951), peppermint flavouring, magnesium stearate and acesulfame potassium.

These tablets do not contain sugar or gluten. Gaviscon Peppermint Flavour Tablets are available in pack sizes of 6's, 8's, 12's, 16's, 24's, 32's, & 48's. Not all pack sizes may be marketed.

Manufacturer and PL Holder in UK: Reckitt Benckiser Healthcare (UK) Ltd., Hull, HU8 7DS.

Gaviscon and  are trade marks.

PL 00063/0627

Date of Preparation: February 2021

**CUSTOMER INFO:**  
 Minimum Point Size = 9.00pt

