



POTASSIUM CITRATE MIXTURE

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Potassium Citrate Mixture
Relieves symptoms of cystitis & other minor urinary tract infections


IMPORTANT: Peel this label at corner and read BEFORE use. Do not tear off, re-fix for future use.

For symptomatic relief of cystitis and other mild urinary tract infections. Take the solution by mouth.
SHAKE THE BOTTLE.
Adults, the elderly and children over 6 years: Take 2 x 5ml spoonfuls, well diluted with water, three times a day after meals.
Children 1-6 years: Take 1 x 5ml spoonful as above.
Do not give to children under 1 year old unless your doctor tells you to.
If symptoms persist consult your doctor.
Peel where shown for further precautions.

Active ingredient per 5ml:
potassium citrate 1.5g.
Also contains amongst other ingredients: ethanol and sucrose. Sucrose 1.1g per 5ml.
Peel where shown for full list of ingredients.
Do not store above 25°C.
Once opened use within 2 months.
Keep out of the sight and reach of children.

Manufactured by the licence holder L.C.M. Ltd., Huddersfield, HD7 5QH, UK for Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.
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This medicine contains potassium citrate which makes the urine less acidic, and so reduces irritation when urinating.

1. Before you use this medicine

Do not use the medicine if you or your child have....

- An **allergy** to any of the ingredients listed in section 3.
- **Kidney problems.**
- **Heart problems** including an **irregular heartbeat.**
- **High levels of potassium** in your blood.
- **Addison's disease.**
- Or your child is **under 1 year old.**

Take care with this medicine....

- Use with caution if you are elderly, as elderly people can react differently when taking the medicine.
- This medicine gives symptomatic relief from cystitis, it is not active against the bacteria which cause such infections. Your doctor may think it necessary to prescribe a suitable antibiotic to be taken together with this product.

Talk to your doctor or pharmacist if you or your child are taking....

- Nitrofurantoin or methenamine for a bladder infection.
- Digoxin or digitoxin for a heart condition.
- Aspirin or other salicylates.
- Tetracycline (an antibiotic).
- Decongestants or drugs to help ease breathing (e.g. salbutamol, ephedrine, phenylephrine).
- Stimulant drugs (amphetamines).
- Barbiturates (e.g. phenobarbital).
- Aliskiren for high blood pressure.
- Other medicines containing potassium.
- Medicines which make you retain potassium, including medicines which make you pass water more often.

Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Potassium Citrate Mixture should not be used in pregnancy or breastfeeding unless the doctor has told you to do so.

Important ingredient information

- This product contains 2.2g of sucrose per 10ml dose. To be taken into account in people with diabetes. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- It contains a small amount of ethanol (alcohol), less than 100mg per 10ml.

2. Possible side effects

Like all medicines, Potassium Citrate Mixture can have side effects, although these don't affect everyone.

Possible side effects are:

- Stomach upsets.
- Feeling sick.
- Being sick.

High levels of Potassium in the blood may cause:

- Muscle weakness.
- Irregular heart action.
- Paralysis.

If you notice these or any other side effects, stop use and tell your doctor or pharmacist. They will tell you what to do.

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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

By reporting side effects you can help provide more information on the safety of this medicine.

3. Further information

If you accidentally take too much see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

- Do not use after the expiry date. The expiry date refers to the last day of that month.
- Return any unused medicine to the pharmacy for disposal.

The active ingredient per 5ml is: potassium citrate 1.5g.

The other ingredients are: citric acid monohydrate (E330), quillaia tincture, lemon oil terpeneless, ethanol, sodium benzoate (E211), sucrose and purified water.

What the medicine looks like

Potassium Citrate Mixture is a straw coloured syrupy liquid with a smell of lemons.
It is supplied in 200ml bottles.

This label was last revised in July 2015.

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