

FRONT FACE:

**Care**

**Sodium Bicarbonate**  
Sodium Hydrogen Carbonate  
Relieves symptoms of heartburn & indigestion

**IMPORTANT: Peel this label at corner and read BEFORE use. Do not tear off, re-fix for future use.**  
For symptomatic relief of heartburn and indigestion.  
Also for symptomatic relief of insect bites and sunburn.

**Take by mouth as an antacid:**  
**Adults, the elderly and children over 12 years:** Take 1 level 5ml spoonful dissolved in warm water. Take up to 4 times a day.  
**Do not** give to children under 12 years old.

**For external use on bites and sunburn:**  
**Adults, the elderly and children:** Dissolve 1 level 5ml spoonful in 568ml (1 pint) of warm water. Apply to the affected skin with cotton wool or lint.

**Peel where shown for precautions.**  
**Active ingredient:** sodium hydrogen carbonate 100%. Sodium: 1020mg/5ml.  
Do not store above 25°C.  
Store in the original package.  
**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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FRONT FACE REVERSE:

**1. Before you take this medicine....**  
**⚠ Do not take the medicine if you have....**

- An allergy to sodium bicarbonate.
- High levels of alkali in the blood.
- Low levels of calcium in the blood.
- Reduced stomach acid. • Heart failure.
- Kidney problems. • Liver problems.
- High blood pressure. • Or are taking steroids.

**⚠ Talk to your doctor or pharmacist if you are taking....**

- Adrenaline hydrochloride e.g. for severe allergic reactions.
- Carmustine, used in cancer treatment.
- Glycopyrronium bromide, used to reduce saliva secretion.
- Isoprenaline hydrochloride, digoxin or dipyridamole for heart conditions.
- Suxamethonium chloride, a muscle relaxant.
- Lithium for manic depression.
- Lansoprazole for healing ulcers.
- Levothyroxine to treat an underactive thyroid.
- Mycophenolate to stop transplant rejection.

- Rosuvastatin to control cholesterol.
- Chloroquine for malaria.
- Hydrochloroquine for arthritis.
- Penicillamine for rheumatoid arthritis.
- Nilotinib to treat leukaemia.
- Fexofenadine an antihistamine.
- Dexamethasone a corticosteroid for inflammation.
- Gabapentin or phenytoin to treat epilepsy.
- Sulpiride or phenothiazine tranquilisers for schizophrenia.
- Non-steroidal anti-inflammatory drugs (NSAIDs) e.g. aspirin, diflunisal.
- ACE inhibitors for heart failure or high blood pressure e.g. captopril, enalapril.
- Antibacterials for infections e.g. benzyl penicillin potassium, tetracyclines, rifampicin.
- Antifungals for fungal infections e.g. itraconazole, ketoconazole.
- Antivirals for viral infections e.g. atazanavir, tipranavir.
- Bisphosphonates for osteoporosis.
- Or are on a low sodium diet.

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**⚠ Pregnant or breastfeeding....**  
Sodium Bicarbonate should not be taken in pregnancy or if breastfeeding unless the doctor has told you to do so.

**⚠ Important information about some of the ingredients**  
This medicine contains 1.02g sodium (main component of cooking/table salt) in each 5ml spoonful of sodium bicarbonate. This is equivalent to 51% of the recommended maximum daily dietary intake of sodium for an adult.  
Talk to your doctor or pharmacist if you need one or more doses of sodium bicarbonate daily for a prolonged period, especially if you have been advised to follow a low salt (sodium) diet.

**2. Possible side effects**  
Like all medicines, Sodium Bicarbonate can have side effects, although these don't affect everyone.  
**Possible side effects when taken by mouth are:**

- Stomach cramps • Wind • Increased blood pressure
- Increased Potassium in your blood.
- Fluid retention or fluid in the lungs.

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

**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](http://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 is:** sodium hydrogen carbonate 100%. There are no other ingredients.  
**What the medicine looks like:** Sodium Bicarbonate is a white powder which is supplied in 300g packs.  
**This label was last revised in August 2020**

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