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**GAVISCON ADVANCE MINT CHEWABLE TABLETS**  
Sodium alginate and potassium bicarbonate

**PATIENT INFORMATION LEAFLET**  
PLEASE READ THIS LEAFLET CAREFULLY BEFORE YOU TAKE THIS MEDICINE. IF YOU ARE NOT SURE ABOUT ANYTHING ASK YOUR PHARMACIST OR DOCTOR.

**1. What is this medicine and what is it used for?**  
Gaviscon Advance Mint Chewable 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.

Gaviscon Advance Mint Chewable Tablets are used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion, which may occur, for example, following meals or during pregnancy, and in patients with symptoms related to oesophagitis. It can be used to relieve the symptoms of conditions such as hiatus hernia (protrusion of muscle through a muscle wall), symptoms of hoarseness and other voice disorders, sore throat and cough associated with reflux. It can be taken to control heartburn symptoms which may occur while taking, or following withdrawal of medication to reduce stomach acid such as Proton Pump Inhibitor (PPI's) or H2 Antagonists.

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**2. Before taking Gaviscon Advance Mint Chewable Tablets**  
**Do not take Gaviscon Advance Mint Chewable Tablets if:**

- you are allergic to any of the ingredients listed in Section 6
- This product contains 4.5 mg of aspartame (E951) 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.

**Please consult your doctor before taking Gaviscon Advance Mint Chewable Tablets if you:**

- are on a potassium, sodium or calcium restricted diet
- suffer from heart disease or kidney disease
- are taking diuretics ('water tablets') for high blood pressure as the salt content of these tablets can affect the above diseases and the effect of diuretics

**3. Need four or more daily doses for a prolonged period,** especially if you have heart failure  
This medicine contains 1.0 mmol (39.43 mg) potassium per tablet. To be taken into consideration by patients with reduced kidney function or patients on a controlled potassium diet. Also contains 53.22 mg sodium (main component of cooking table salt) in each tablet. This is equivalent to 2.7% of the recommended maximum daily dietary intake of sodium for an adult.  
The maximum recommended daily dose of this medicinal product contains 425.76 mg sodium (found in table salt). This is equivalent to 21.28% of the adult recommended maximum daily dietary intake for sodium. Talk to your pharmacist or doctor if you need Gaviscon Advance Mint Chewable Tablets on

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**4. Daily basis for a prolonged period of time,** especially if you have been advised to have a low salt diet.

**Pregnancy and breastfeeding**  
You can take this product if you are pregnant or breastfeeding.

**5. How to take Gaviscon Advance Mint Chewable Tablets**  
For oral use only. Wait at least 2 hours between taking this medicine and other medicines such as tetracyclines, fluoroquinolones (types of antibiotics), iron salts, thyroid hormones, chloroquine (a medication used to prevent malaria), bisphosphonates (a medication used to treat osteoporosis) and estramustine (a medication to treat prostate cancer).

**Adults including the elderly and children 12 years and over:**  
Take 1-2 tablets after meals and at bedtime, or as directed. Chew thoroughly before swallowing.

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

**After taking this product:**

- If you forget a dose, do not double the dose next time, just skip it and carry on as before.
- If you take too much, you may feel bloated and experience some abdominal discomfort. It is unlikely to cause you harm, but please consult your doctor or pharmacist.
- As with all medicines, treatment should be as short as possible.
- If symptoms persist for longer than 7 days, consult your doctor.

**6. Possible side effects**  
Side effects are very rare (less than 1 in 10,000 users) and include rash, difficulty breathing, dizziness due to an allergic reaction to the ingredients. Uncommonly reported side-effects are diarrhoea, nausea and vomiting (less than 1 in 100 people).

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**7. If you experience these or any other effects not listed,** stop taking the tablets 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.

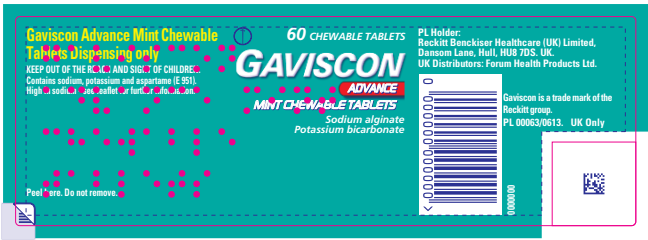
**8. How to store Gaviscon Advance Mint Chewable Tablets**  
KEEP OUT OF THE REACH AND SIGHT OF CHILDREN. Store in the original package. Do not store above 30°C. Do not use after the expiry date shown after 'EXP' on the pack. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**9. Further information**  
Each tablet contains 500mg sodium alginate and 100mg potassium bicarbonate as the active ingredients. The other ingredients are sodium, potassium, mannitol (E421), calcium carbonate, macrogol 20,000, copovidone, magnesium stearate, aspartame (E951), acesulfame potassium and mint flavour.  
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Leaflet last revised June 2024

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English

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Adhesive Dispenser

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