



**PATIENT INFORMATION LEAFLET**

**Gaviscon Double Action Mint Flavour Chewable Tablets**  
**Sodium alginate, Sodium bicarbonate, 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 Double Action Mint Flavour Chewable Tablets?**

Gaviscon Double Action Mint Flavour Chewable Tablets are a combination of two antacids (calcium carbonate and sodium bicarbonate) and an alginate and work in two ways:

- 1) Neutralising excess stomach acid to relieve the pain and discomfort.
- 2) Forming a protective barrier over the stomach contents to soothe the burning pain in your chest.

**What are Gaviscon Double Action Mint Flavour Chewable Tablets used for?**

Gaviscon Double Action Mint Flavour 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 for symptoms of excess stomach acid (hyperacidity).

**Before taking Gaviscon Double Action Mint Flavour Chewable 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 Double Action Mint Flavour Chewable Tablets:**

This medicine contains sodium (9.72 mmol per 4 tablet dose) and calcium (7.5 mmol per 4 tablet dose).

If you have been advised to follow a diet restricted in either of these please consult your doctor.

The maximum recommended daily dose of this medicinal product contains 894.26 mg sodium (found in table salt). This is equivalent to 44.71% 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 of time, especially if you have been advised to follow a low salt (sodium) diet.

This medicine contains 5.6 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.

These tablets contain carmoisine lake (E122) which may cause allergic reactions.

This product can mask symptoms of other more serious, underlying medical conditions. If symptoms persist, or treatment is required for more than seven days continuously, please speak to your doctor or pharmacist.

You can take this product if you are pregnant or breast feeding.

**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 antihistamines, antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, thyroid hormones, antifungals such as ketoconazole, digoxin and beta-blockers (for heart conditions), neuroleptics (for mental illness), thyroxine, chloroquine (for malaria), bisphosphonates (for osteoporosis) and estramustine (for prostate cancer).

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**How to take Gaviscon Double Action Mint Flavour Chewable Tablets:**

For oral administration. Chew thoroughly before swallowing.

**Adults and children 12 year and over:** When symptoms occur take two to four tablets after meals and at bedtime, up to four times a day. **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 many tablets you may feel bloated. It is unlikely to cause you any harm, but please consult your doctor or pharmacist.

Taking large doses of calcium carbonate every day for prolonged periods can lead to high levels of calcium in the blood.

**After taking Gaviscon Double Action Mint Flavour Chewable Tablets:**

If symptoms persist, or treatment is required for more than seven days continuously, seek medical advice.

**Possible side effects:**

Very rarely (less than 1 in 10,000 patients treated) an allergic reaction to the ingredients may occur. Symptoms of this may include: skin rash itching, difficulty breathing, dizziness, swelling of the face, tongue or throat. If you experience these, or any other side effects, stop taking the product and consult your doctor immediately. Other side effects of unknown frequency may include constipation, irritability, muscle twitching or muscle cramps, indigestion that comes back when you stop taking the tablets and high levels of calcium in the blood.

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) 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. Store in the original package.

**Further information:**

Gaviscon Double Action Mint Flavour Chewable Tablets are circular, pink and white chewable tablets with the odour and flavour of peppermint. Each chewable tablet contains 250mg sodium alginate, 106.5mg sodium bicarbonate and 187.5mg calcium carbonate as the active ingredients. The other ingredients are xylitol, carmellose sodium, magnesium stearate, macrogol 20,000, mannitol (E421), copovidone, acesulfame-K, aspartame (E951), mint flavour and carmoisine lake (E122). These tablets do not contain sugar or gluten. Gaviscon Double Action Mint Flavour Chewable Tablets are available in pack sizes of 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.

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RB Hull



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PEPPERMINT

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Manufacturer: Reckitt Benckiser Healthcare International Limited,  
Nottingham, NG90 2DB.

Gaviscon is a trade mark of the Reckitt group.

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