

Rennie®

SPEARMINT

680mg/80mg CHEWABLE TABLETS



Calcium carbonate
Magnesium carbonate

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take Rennie® Spearmint tablets carefully to get the best results from them. Keep this leaflet, you may need to read it again. Ask your pharmacist if you need more information or advice. You must contact a doctor if your symptoms worsen or do not improve. If you have any unusual effects after taking Rennie® Spearmint, tell your doctor or pharmacist.

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1. WHAT IS RENNIE® SPEARMINT AND WHAT IS IT USED FOR?

Rennie® Spearmint is an antacid tablet which relieves stomach upset due to excess acid and heartburn (acid indigestion).

2. BEFORE YOU TAKE RENNIE® SPEARMINT

Do not take Rennie® Spearmint:

- If you have severe kidney disease or suffer from kidney stones.
- If you have high calcium levels in the blood, kidneys or urine.
- If you have low phosphate levels in the blood.
- If you are allergic (hypersensitive) to any of the ingredients (*listed in Section 6. Further information*).

Take special care with Rennie® Spearmint:

Consult your doctor before taking Rennie® Spearmint if you have any kidney problems.

This product contains sucrose and glucose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

As with other antacid products, taking these tablets can mask the symptoms of other, more serious, underlying medical conditions. Do not exceed the stated dose. If symptoms persist after seven days consult your doctor.

Patients aged 55 years or older with unexplained and persistent heartburn should contact their doctor before taking Rennie® Spearmint.

Rennie® is designed to help relieve pain and discomfort associated with excess stomach acid. Pain/ discomfort associated with cardiac conditions may on occasion mimic indigestion; such pain will not respond to Rennie®, therefore it is recommended that medical advice be sought if the pain does not go away.

Taking other medicines:

- Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.
- If you are taking antibiotics (tetracyclines, quinolones), medication for heart failure (e.g. digoxin), thiazide diuretics (water tablets), levothyroxine (a thyroid medication) or other prescribed medicines (e.g. fluorides, phosphates, iron containing products, eltrombopag) speak to your doctor or pharmacist before taking Rennie® Spearmint because it can affect how these medicines work.
- To maximise the benefit of all medicines being used, take Rennie® Spearmint 1 to 2 hours after taking any other medicines.

3. HOW TO TAKE RENNIE® SPEARMINT

Adults: 1 or 2 tablets to be sucked or chewed as required, up to a maximum of 11 tablets a day.

Children and adolescents below age 18: Not recommended.

Pregnancy and breast feeding: Ask your doctor or pharmacist for advice before taking any medicine. Rennie® Spearmint can be used during pregnancy if taken as instructed and if prolonged use of high doses is avoided. Rennie® Spearmint can be used while breast-feeding if taken as instructed.

As Rennie® Spearmint provides a substantial amount of calcium in addition to dietary calcium intake pregnant women should strictly limit their use of Rennie® Spearmint tablets to the maximum recommended daily dose and avoid concomitant, excessive intake of milk (1 litre contains up to 1.2g elemental calcium) and dairy products.

If you take more Rennie® Spearmint than you should: Drink plenty of water and consult your doctor or pharmacist. Symptoms of an overdose include nausea and vomiting, constipation, tiredness, increased urine production, increased thirst, dehydration and abnormal muscular weakness.

If you have any questions on the use of this product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Rennie® Spearmint can cause side effects, although not everybody gets them. Side effects are unlikely at the recommended dose.

Very rarely severe allergic reactions e.g. rashes, swelling or shortness of breath may occur. If you experience these reactions stop treatment and contact a doctor or emergency department immediately.

Long term use of high doses can cause high calcium and magnesium levels in the blood, nausea, vomiting, stomach discomfort, diarrhoea and milk-alkali syndrome, especially in people with kidney conditions. This can cause nausea and vomiting, constipation, headache, alterations in taste sensations and muscular weakness.

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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website:

www.hpra.ie; E-mail: medsafety@hpra.ie.

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

5. HOW TO STORE RENNIE® SPEARMINT

Keep out of the reach and sight of children. Do not store above 25°C and keep in the original pack.

Do not use Rennie® Spearmint after the expiry date which is stated on the carton and blister. The expiry date refers to the last day of that month.

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Rennie® Spearmint contains:

Each tablet contains the active ingredients: calcium carbonate 680mg and heavy magnesium carbonate 80mg.

The other ingredients are sucrose, glucose (250mg), spearmint flavour, talc, povidone, saccharin sodium, magnesium stearate.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

What Rennie® Spearmint looks like and the contents of the pack:

Rennie® Spearmint are creamy white, square tablets engraved "RENNIE" on both faces.

Rennie® Spearmint are available in packs of 12, 24, 48, 96 chewable tablets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer:

Marketing Authorisation Holder: Bayer Limited, The Atrium, Blackthorn Road, Dublin 18.

Manufacturer: Delpharm Gaillard, 74240 Gaillard, France.

Label last revised: February 2015.