

Rennie

EXTRA TABLETS



Calcium carbonate, Magnesium carbonate, Alginate acid

Chewable tablets

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 Extra 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 after 7 days. If you have any unusual effects after taking Rennie Extra, please tell your doctor or pharmacist.

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1. WHAT ARE RENNIE EXTRA TABLETS AND WHAT ARE THEY USED FOR?

Rennie Extra Tablets provide relief from heartburn and acid indigestion.

Rennie Extra tablets work in two different ways:

1. Alginate acid forms a protective barrier in the stomach to stop acid escaping upwards, soothing that burning pain in your chest
2. Calcium carbonate and magnesium carbonate provide rapid and long lasting neutralization of excess acid in the stomach

2. BEFORE YOU TAKE RENNIE EXTRA TABLETS

Do not take Rennie Extra Tablets:

- If you have severe kidney disease or suffer from kidney stones.
- If you have high calcium or low phosphate levels in the blood.
- If you are allergic (hypersensitive) to any of the ingredients.

Take special care with Rennie Extra Tablets:

As with other antacid products, taking these tablets can mask the symptoms of other, more serious, underlying medical conditions. If symptoms persist after seven days consult your doctor.

Please consult your doctor or pharmacist before taking Rennie Extra Tablets if you have any kidney problems, have been diagnosed with sarcoidosis (inflammation disease that affects multiple organs in the body), or suffer from severe or chronic gastro-intestinal symptoms or diseases.

Taking Rennie Extra Tablets with food and drink

As with all calcium containing antacid products intake with large amounts of milk or dairy products should be refrained.

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 taking antibiotics (tetracyclines, quinolones), cardiac glycosides (digoxin, digitoxin), or other prescribed medicines (e.g. fluorides, phosphate) speak to your doctor before taking Rennie Extra Tablets because it can affect how these medicines work. To maximise the benefit of all medicines being used, take Rennie Extra Tablets 1 to 2 hours after taking any other medicines.
- If you are taking any thiazide diuretics (e.g. bendroflumethiazide), which are used to increase urine production, then you should tell your doctor before taking the product because he or she may want to monitor the calcium levels in your blood.

Important information about some of the ingredients in Rennie Extra Tablets:

This product contains 28mg of sodium per dose of 2 tablets, which should be taken into consideration by patients on a sodium restricted diet.

This product also contains 460mg sucrose and about 1110.44mg glucose (including from dextrates) per dose of 2 tablets, which should be taken into account in patients with diabetes.

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

Pregnancy and breast-feeding: Ask your doctor or pharmacist for advice before taking any medicine. Rennie Extra Tablets can be used during pregnancy if taken as instructed. Rennie Extra Tablets can be used while breast-feeding if taken as instructed (see Section 3).

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

3. HOW TO TAKE RENNIE EXTRA TABLETS

Always take Rennie Extra Tablets exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Adults and children over 12 only: 2 tablets to be chewed, preferably 1 hour after meals and before bedtime. For heartburn an extra 2 tablets may be taken between these times. Do not take more than 12 tablets in 24 hours.

Rennie Extra Tablets can be used during pregnancy and breast feeding if taken as instructed above.

If symptoms persist after 7 days consult your doctor in order to exclude a more serious disease. Prolonged use should be avoided.

Do not give to children under the age of 12.

If you take more Rennie Extra Tablets 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.

If you forget to take Rennie Extra Tablets: Do not take a double dose to make up for a forgotten dose.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Rennie Extra Tablets can cause side effects, although not everybody gets them.

Side effects are unlikely at the recommended dose.

Rarely allergic reactions to ingredients have been reported, e.g rashes, itching, difficulty in breathing and swelling of the face, mouth or throat and anaphylactic shock. If you experience these reactions stop treatment immediately and seek medical advice.

Long term use of high doses can cause high blood levels of calcium and magnesium, especially in people with kidney conditions. This can cause nausea and vomiting, tiredness, confusion, increased urine production, increased thirst and dehydration.

Taking Rennie Extra with milk or dairy products over a long period of time may cause milk alkali syndrome, which can cause high blood levels of calcium.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. HOW TO STORE RENNIE EXTRA TABLETS

Keep out of the reach and sight of children.

Do not use Rennie Extra Tablets after the expiry date which is stated on the carton and foil after "EXP". The expiry date refers to the last day of that month.

Do not store above 30°C. Store in the original package in order to protect from moisture.

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 Extra Tablets contain:

Each chewable tablet contains the active ingredients calcium carbonate (625 mg), magnesium carbonate (73.5mg) and alginate acid (150mg).

The other ingredients are Sodium hydrogen carbonate, sucrose, glucose monohydrate, povidone, talc, magnesium stearate, dextrates, saccharin sodium, lemon cream flavour (contains lemon oil, lime oil, orange oil, l-menthol, vanilline, maltodextrin, gum arabic, ascorbic acid, butylhydroxyanisol), peppermint flavour (contains peppermint oil, maltodextrin, gum arabic, silicon dioxide).

What Rennie Extra Tablets look like and the contents of the pack:

Rennie Extra Tablets are off white, speckled circular chewable tablets, flat on both sides with a bevelled edge.

They are supplied in foil strips in a carton with this leaflet.

The tablets are available in pack-sizes of 12, 18, 24, 30 and 36. Not all pack sizes may be marketed.

Marketing Authorisation Holder

Bayer plc
Strawberry Hill
Newbury RG14 1JA
UK

Manufacturer

Bayer Santé Familiale
33 rue de l'Industrie
74240 Gaillard
France

This medical product is authorised in the Member States of the EEA under the following names:

Belgium: Rennie® Plus Alginate

Luxembourg: Rennie® Plus Alginate

Czech Republic, Estonia, Finland, Germany, Hungary, Latvia, Lithuania, Poland, The Netherlands: Rennie® Duo

France: Rennieduo

Ireland: Rennie® Dual Action

Spain: Rennie® Reflux

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