

**Sodium Alginate  
Sodium Bicarbonate  
Calcium Carbonate**

**GAVISCON DOUBLE ACTION**  
250mg/106.5mg/187.5mg chewable tablet

**1. WHAT ARE SODIUM ALGINATE, SODIUM BICARBONATE, CALCIUM CARBONATE (GAVISCON DOUBLE ACTION) CHEWABLE TABLETS AND WHAT ARE THEY USED FOR?**

This product is a combination of two antacids (calcium carbonate and sodium bicarbonate) and an alginate. It works in two ways:

- 1. Neutralizing 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.

This medicine is used for the treatment of acid related symptoms of gastro-esophageal reflux such as acid regurgitation, heartburn and indigestion which may occur, for example, following meals or during pregnancy.

**2. BEFORE YOU TAKE SODIUM ALGINATE, SODIUM BICARBONATE, CALCIUM CARBONATE (GAVISCON DOUBLE ACTION) CHEWABLE TABLETS:**

**Do not take this product:**

If you know you are allergic (hypersensitive) to any of the ingredients of this product as very rarely difficulty in breathing and skin rashes have occurred.

**Take special care with this product:**

This medicinal product contains 221.5mg sodium per 4 tablet dose, equivalent to 11% of the WHO recommended maximum daily intake for sodium.

The maximum daily dose of this product is equivalent to 44% of the WHO recommended daily intake for sodium. This product is considered high in sodium. This should be particularly taken into account for those on a low salt diet, e.g. in some cases of congestive cardiac failure and renal impairment.

Please also talk to your doctor regarding these salt contents if you suffer or have suffered from kidney or heart disease, as certain salts could interfere with these diseases. Please consult your doctor if you know you have reduced amounts of gastric acid in your stomach, as this product may be less effective. The product should not be used in patients with severely impaired renal function and in patients with hypophosphatemia; Prolonged use should be avoided.

As with other antacid products, taking the product can mask the symptoms of other more serious, underlying medical conditions.

If symptoms persist after 7 days, consult your doctor.

**Taking other medicines:**

Do not take this medicine within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines.

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines obtained without prescription.

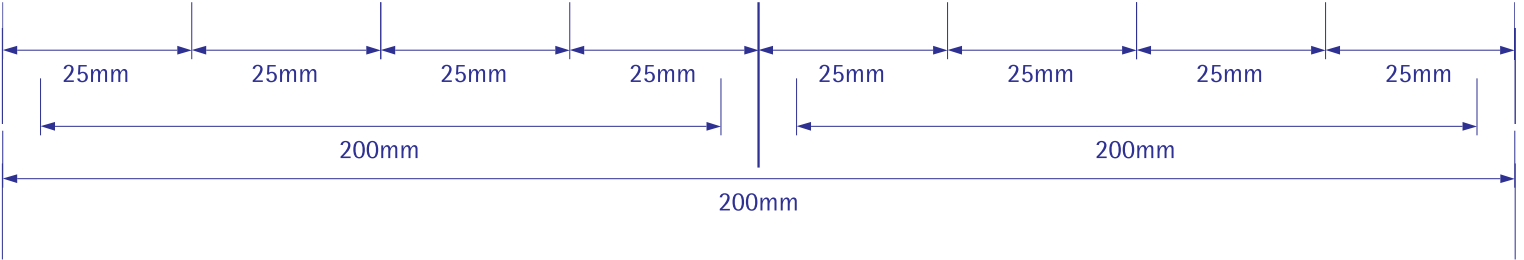
**Pregnancy and breast-feeding:**

You can take this product if you are pregnant or breast-feeding. As with all medicines, the treatment duration should be limited much as possible.

**Important information about some of the ingredients of Sodium Alginate, Sodium Bicarbonate, Calcium Carbonate (Gaviscon Double Action) Chewable Tablets:**

If you have phenylketonuria, note that the product is sweetened with aspartame (E951), a source of phenylalanine. These tablets contain carmoisine lake (E122) which may cause an allergic reaction.

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**3.HOW TO TAKE SODIUM ALGINATE, SODIUM BICARBONATE, CALCIUM CARBONATE (GAVISCON DOUBLE ACTION) CHEWABLE TABLETS:**

For oral administration, chew thoroughly before swallowing. Adults and children 12 years and over: Two to four tablets after meals and at bedtime, up to four times per day. Children under 12 years: Should be given only on medical advice. Elderly: No dose modifications necessary for this age group.

**If you take the product more than you should:**

If you take too much of this product, it is unlikely to cause you any harm. However, you may feel bloated. Consult your doctor if this doesn't go away.

**If you forget to take the product:**

If you forget a dose, it is not necessary to double the dose next time, just carry on taking as before.

**4.POSSIBLE ADVERSE/UNDESIRABLE EFFECTS:**

Like all medicines, the product can cause adverse/undesirable effects, although not everybody gets them. If you experience these adverse/undesirable effects, stop taking the product and consult your doctor immediately. There is a very rare (less than 1 in 1000) chance of an allergic reaction to the ingredients. Symptom of this may include skin rash, itching, difficulty in breathing, dizziness, or swelling of the face, lips, tongue or throat. If any of the adverse/ undesirable effects gets serious, or you notice any adverse effects not listed in this leaflet, please consult your doctor.

**5.HOW TO STORE SODIUM ALGINATE, SODIUM BICARBONATE, CALCIUM CARBONATE (GAVISCON DOUBLE ACTION) CHEWABLE TABLETS:**

Do not use this product after the expiry date (EXP:month/year) shown. Keep out of the reach and sight of children. Store below 30°C and store in the original package to protect from moisture.

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

**6.FURTHER INFORMATION**

**What Sodium Alginate, Sodium Bicarbonate, Calcium Carbonate (Gaviscon Double Action) Chewable Tablets contain:**

The active substances in each chewable tablet are 250mg sodium alginate, 106.5mg sodium bicarbonate and 187.5mg calcium carbonate. The other ingredients are xylitol, carmellose sodium, magnesium stearate, macrogol 20,000, mannitol (E421), copovidone, acesulfame-K, aspartame(E951), mint flavor and carmoisine lake (E122). This product does not contain sugar or gluten.

For suspected adverse drug reaction, report to the FDA: [www.fda.gov.ph](http://www.fda.gov.ph). Seek medical attention immediately at the first sign of any adverse reaction.

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