

**Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) – 1986**

The medicine is dispensed without a physician's prescription

## **Tums™ Regular Strength Peppermint**

Chewable tablets

Each tablet contains Calcium Carbonate 500 mg (elemental calcium 200 mg)

Acid-neutralizing capacity per tablet: 10 mEq.

List of the additional ingredients detailed in section 6.

**Read the entire leaflet carefully before using the medicine.** This leaflet contains concise information about the medicine. If you have any other questions, refer to the physician or the pharmacist.

### **1. What is the medicine intended for?**

Relief of heartburn (pyrosis) and sour stomach.

**Therapeutic group:** antacids.

### **2. Before using the medicine**

#### **Do not use the medicine:**

- If you are sensitive (allergic) to the Calcium Carbonate or to any of the additional ingredients contained in the medicine (listed in section 6)
- In patients with hypercalcaemia, hypercalciuria
- In patients on a low-phosphate diet
- In patients with problems with parathyroid glands function
- In patients with kidney problems (e.g. kidney stones)
- In patients with Zollinger-Ellison Syndrome
- In patients taking Digoxin for heart diseases.

**Do not take this medicine without consulting a physician before starting the treatment:**

- In children under the age of 12
- If you are suffering from diabetes (the medicine contains sugar).

**If you are taking or have recently taken other medicines including non-prescription medicines and food supplements, tell the physician or the pharmacist.** Especially if you are taking:

Thiazide diuretics, bisphosphonates for treatment of bone loss, tetracyclines and ciprofloxacin (antibiotics).

It is recommended to wait 2-3 hours between taking this medicine and taking other oral medicines.

#### **Pregnancy and breast-feeding**

Consult the physician or the pharmacist before using this medicine. See section 3 for the 'usual dosage'.

#### **Important information about some ingredients of the medicine**

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

### **3. How should you use the medicine?**

You should check with the physician or the pharmacist if you are unsure.

**The usual dosage for adults and children above the age of 12 years is:**

Chew 2-4 tablets as symptoms occur, or as directed by a physician.

Do not take more than 15 tablets in 24 hours.

If pregnant, do not take more than 10 tablets in 24 hours.

Do not use the maximum dosage for more than 2 weeks except under the advice and supervision of a physician.

Do not take for symptoms that persist for more than 2 weeks, unless advised by a physician.

#### **Do not exceed the recommended dose**

The medicine is not intended for children under 12 years of age.

If you have taken an overdose or if a child has accidentally swallowed the medicine, refer immediately to a physician or to a hospital emergency room and bring the package of the medicine with you.

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.

If you have any other questions regarding the use of the medicine, consult the physician or the pharmacist.

### **4. Side effects**

As with any medicine, use of Tums may cause side effects in some of the users. Do not be alarmed by reading the list of side effects. You may not experience any of them.

The side effects include: constipation, flatulence, nausea, belching.

If a side effect has appeared, if any of the side effects get worse or when you suffer from a side effect that has not been mentioned in the leaflet, you should consult the physician or pharmacist.

### **5. How to store the medicine?**

• Avoid poisoning! This medicine and any other medicine should be kept in a closed place out of the sight and reach of children and/or infants in order to avoid poisoning. Do not induce vomiting without an explicit instruction from the physician.

• Do not use the medicine after the expiry date (exp. date) appearing on the package. The expiry date refers to the last day of that month.

• Store below 30°C.

### **6. Additional information**

• In addition to the active ingredient the medicine also contains –

Sucrose (as confectioner's sugar), starch, talc, mineral oil, flavor, sodium polyphosphate.

• What does the medicine look like and what is the content of the package – plastic bottle containing 75 or 150 chewable tablets. The bottle is closed with an inner seal and cap. Also, comes in a package of 3 rolls containing 12 tablets each (total of 36 tablets).

Not all pack sizes may be marketed.

• License Holder: GlaxoSmithKline (Israel) Ltd., 25 Basel St., Petach Tikva.

• Manufacturer: GlaxoSmithKline Consumer Healthcare L.P., ST. Louis, USA.

• This leaflet was checked and approved by the Ministry of Health in: November 2014.

• Registration number of the medicine in the National Drug Registry of the Ministry of Health: 107-03-22278.