



**SELECT THE REQUIRED INFORMATION**



**PROFESSIONAL INFORMATION**



**PATIENT INFORMATION LEAFLET**





## PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** **S0**

**Rennie Salts effervescent powder**

Calcium 60 mg

**Contains sweetener:** Sucralose 2.4 mg per sachet

D: Complementary Medicine

HEALTH SUPPLEMENT

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Rennie Salts is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Rennie Salts carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Rennie Salts with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

#### What is in this leaflet

1. What Rennie Salts is and what it is used for
2. What you need to know before you take Rennie Salts
3. How to take Rennie Salts
4. Possible side effects
5. How to store Rennie Salts
6. Contents of the pack and other information

#### 1. What Rennie Salts is and what it is used for

Rennie salts is a health supplement with calcium, in the form of effervescent granules with a lemon flavour.

It is used to help relieve symptoms of indigestion and abdominal discomfort.

#### 2. What you need to know before you take Rennie Salts.

##### Do not take Rennie Salts:

- If you are hypersensitive(allergic) to Calcium or any of the other ingredients of Rennie Salts (listed in section 6)
- If you are below 15 years of age

#### Warnings and precautions

Take special care with Rennie Salts.

- Do not exceed the labelled dose.
- If the troublesome digestion persists after 7-10 days of treatment, please seek medical advice.
- If you have any medical condition, take medication or are on a controlled sodium diet, please seek medical advice before taking the Rennie Salts.
- Acute and chronic overdose increases the risk of adverse effects. Allowance should be made for intake of the vitamins and minerals from all other sources including fortified foods, dietary supplements, and concomitant medications.
- Long term use without medical advice is not recommended due to the potential risk of masking severe diseases.
- If pregnant or breastfeeding, please consult your health care provider before taking Rennie Salts.



## Children

Not suitable for children under the age of 15 years

## Other medicines and Rennie Salts

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Active Ingredient	Drug	Description
Calcium	Thiazide diuretics (water tablets)	Thiazide diuretics reduce the urinary excretion of calcium. Due to an increased risk of hypercalcemia, serum calcium should be regularly monitored during concomitant of thiazide diuretics
	Vitamin D	Vitamin D increases the gastrointestinal absorption of calcium
	Bisphosphonates	Polyvalent cations, such as calcium form complexes with certain substances resulting in decreased absorption of both substances. Doses should be separated by at least 3 hours
	Fluoride	
	Tetracyclines	
	Fluoroquinolones	

## Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking this medicine.

## Driving and using machines

No effects on ability to drive and use machines have been observed.

## 3. How to take Rennie Salts.

Always take Rennie Salts exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

For oral use.

The recommended intake for adults and adolescents (above 15 years of age) is two (2) sachet per day.

## If you take more Rennie Salts than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you take too much of this product, you might suddenly experience stomach problems like constipation, diarrhoea, feeling sick, or throwing up. If you notice any of these things, stop using the product right away and get in touch with a doctor or nurse.

The specific signs that you've taken too much can vary a lot. They depend on things such as how your body reacts and your given circumstances. So, it's important to pay attention to how you're feeling and get medical help if you think you've taken too much.

## 4. Possible side effects

Rennie Salts can have side effects.



Not all side effects reported for Rennie Salts are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Rennie Salts, please consult your health care provider for advice.

If any of the following happens, stop taking Rennie Salts and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips, mouth, or throat, which may cause difficulty in swallowing or breathing, itchy throat, reddening of the skin and rash.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to Rennie Salts Effervescent Powder. You may need urgent medical attention or hospitalisation.

**Tell your doctor if you notice any of the following:**

- Abdominal discomfort, constipation, nausea, diarrhoea, vomiting

**Reporting of side effects**

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of Rennie Salts.

Alternatively you can report the side effects directly to Bayer Pharmacovigilance Department by sending an email to [pv.sewa@bayer.com](mailto:pv.sewa@bayer.com) or via the Bayer website ([www.bayer.co.za](http://www.bayer.co.za)).

**5. How to store Rennie Salts**

Store all medicines out of reach of children.

Store at or below 25 °C.

Store in a cool dry place.

Do not use after the expiry date stated on the label and carton.

Do not dispose of unused medicines in drains or sewerage (e.g. toilets).

**6. Contents of the pack and other information**

**What Rennie Salts contains:**

The active substance is Calcium (Calcium citrate) 60 mg

The other ingredients are citric acid, sodium hydrogen carbonate, lemon juice, sucralose<sup>1</sup> and sorbitol.

<sup>1</sup>sweetener

**What Rennie Salts Effervescent Powder looks like and contents of the pack**

Rennie Salts are white granules, when dissolved in water it gives a solution with lemon flavour. 20 Sachets are packed in secondary packaging (folding carton) with a leaflet.

**Holder of Certificate of Registration**

Bayer (Pty) Ltd.

Co Reg. no.: 1968/011192/07

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**Registration number(s)**

To be confirmed upon registration.

**Access to the corresponding Professional Information**

The corresponding professional information may be obtained electronically on the following web address: <https://www.bayer.co.za>.