


168.45 mm

Page 1

**NUMARK+**

# Sodium Bicarbonate

Relieves indigestion



**200g e**

**Sodium Bicarbonate**

**About This Product:**  
Numark Sodium Bicarbonate is taken to relieve indigestion. Also for the relief of insect bites and sunburn.

**Active Ingredient:**  
Sodium Bicarbonate 100%.

**Warnings:**  
Do not take the medicine if you have:

- An allergy to sodium bicarbonate.
- High levels of alkali in the blood.
- Low levels of calcium in the blood.
- Reduced stomach acid.
- Heart failure.
- Kidney problems.
- Liver problems.
- High blood pressure.
- Taken or are taking steroids.

Sodium Bicarbonate should not be taken in pregnancy or if breast-feeding unless the doctor has told you to do so.

**Dosage:** Take by mouth as an antacid.  
**Adults and children over 12 years:** Take 1g to 5g dissolved in a glass of warm water. A level 5ml spoon holds about 5g.

**For external use on bites and sunburn.**  
**Adults and children over 12 years:**  
Dissolve a level 5ml spoonful in 568ml (1 pint) of warm water. Apply to the affected skin with cotton wool or lint.

**Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor. Do not give to children under 12 years.**

**Storage:** Keep out of the sight and reach of children. Do not store above 25°C. Once opened use within one month.

C71-0686 Ver. E  
Revised May 2019 PL03105/0067

**Manufacturer and Product Licence Holder:**  
Bell, Sons & Co. (Druggists) Ltd., Southport, PR9 9AL, UK.

PP: 027 4480

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**PEEL BACK AT RED TAB FOR FURTHER IMPORTANT INFORMATION. DO NOT REMOVE.**

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**Further Warnings:**  
Talk to your doctor or pharmacist if you are taking:

- Adrenaline hydrochloride e.g. for severe allergic reactions.
- Carmustine, used in cancer treatment.
- Glycopyrronium bromide, used to reduce saliva secretion.
- Isoprenaline hydrochloride, digoxin or dipyridamole for heart conditions.
- Suxamethonium chloride, a muscle relaxant.
- Lithium for manic depression.
- Lansoprazole for healing ulcers.
- Levothyroxine to treat an underactive thyroid.
- Mycophenolate to stop transplant rejection.
- Rosuvastatin to control cholesterol.
- Chloroquine for malaria.
- Hydrochloroquine for arthritis.
- Penicillamine for rheumatoid arthritis.

- Nilotinib to treat leukaemia.
- Fexofenadine an antihistamine.
- Deflazacort a corticosteroid for inflammation.
- Gabapentin or phenytoin to treat epilepsy.
- Sulpiride or phenothiazine tranquilisers for schizophrenia.
- Non-steroidal anti-inflammatory drugs (NSAIDs) e.g. aspirin, diflunisal.
- ACE inhibitors for heart failure or high blood pressure e.g. captopril, enalapril.
- Antibacterials for infections e.g. benzyl penicillin potassium, tetracyclines, rifampicin.
- Antifungals for fungal infections e.g. itraconazole, ketoconazole.
- Antivirals for viral infections e.g. atazanavir, tipranavir.
- Bisphosphonates for osteoporosis.
- Or if you are on a low sodium diet.

If you accidentally take too much see a doctor straight away.  
Take the pack with you to show which medicine you have swallowed.

15 mm hinge area (print free)

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**Further Information:** This product contains 1.37g of sodium per 5g dose, which should be taken into consideration if you are on a sodium restricted diet.

**Possible Side Effects:** May cause stomach cramps, wind, increased blood pressure, increased potassium in your blood, fluid retention or fluid in the lungs.  
If you notice these or any other side effects, stop using the product and consult your doctor or pharmacist.

**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 on this label. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

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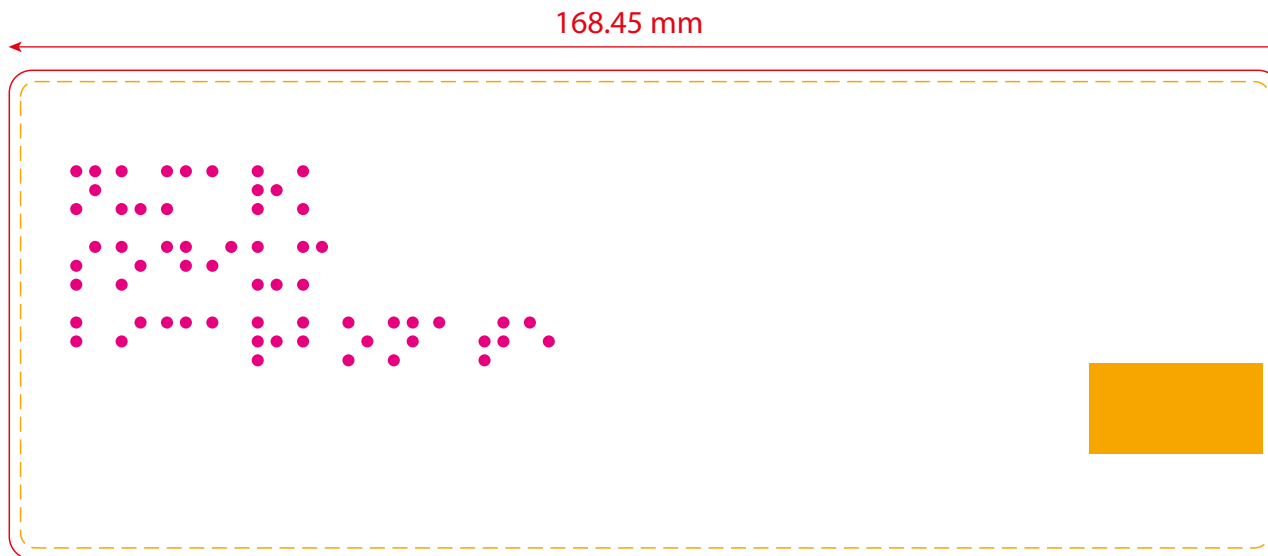
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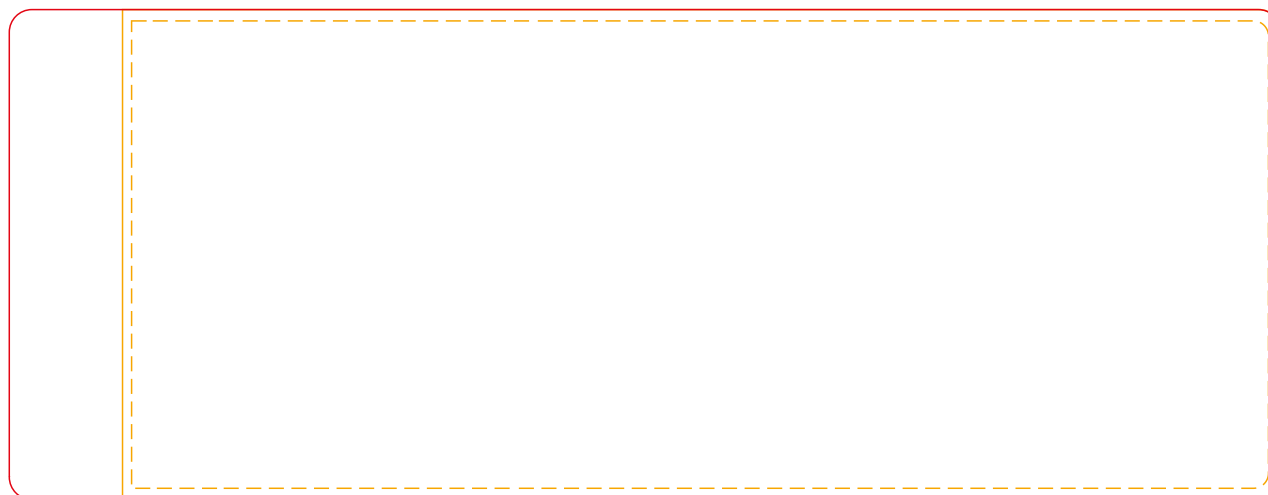
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