# Sodium content of medicines for indigestion and gastric disorders

Prepared by a UK Medicines Information ([UKMi](http://www.ukmi.nhs.uk/ukmi/about/default.asp?pageRef=1)) team for NHS healthcare professionals

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## Summary

* Some medicines contain significant amounts of sodium, including several brands of alginates or other indigestion medicines.
* This Medicines Q&A lists the sodium content of medicines for treating indigestion and some gastric disorders, and can be used to help find preparations with lower sodium content.

## Indigestion and gastric disorders

*Note:*NHS England [advises](https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf) CCGs that a prescription for treatment of indigestion and heartburn will not routinely be offered in primary care as the condition is appropriate for self-care [1].

| **Name of** **preparation and form** | **Company or companies (MAH$)** | **Will be reimbursed# on NHS prescription** | **Approximate sodium content**  |
| --- | --- | --- | --- |
| **Per dose unit\*\*** | **Per maximum daily dose\*\*** |
| Acidex oral suspension | Pinewood |  | 6mmol (138mg) in 10mL | 48mmol |
| Acidex Compound Alginate oral suspension |  | 6mmol (138mg) in 10mL | 48mmol |
| Acidex Advance Aniseed or Peppermint Flavour oral suspension | Wockhardt |  | 5.1mmol (117mg) in 10mL | 20mmol |
| Actonorm oral suspension  | Wallace |  | Low sodium\* | Not significant |
| Almus Pepti-Calm suspension Bismuth Subsalicylate 525.6mg/30mL | Boots |  | 2.7mmol (63mg) in 30mL | 22mmol |
| Alu-Cap capsules | Mylan |  | No sodium | None |
| Antacid Plus tablets | Boots |  | No sodium | None |
| Asda Headache and Upset Stomach Relief effervescent powder | Asda (Wrafton) |  | 12.5mmol (288mg) per sachet | 50mmol |
| Asda Heartburn and Indigestion liquid | Asda (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Bicarbonate of Soda oral powder | Boots (Bell, Sons & Co) |  | 59.6mmol (1,370mg) in 5g powder (one level 5mL spoon) | 358mmol |
| Bisodol Indigestion Relief tablets | Teva |  | Low sodium\* | Not significant |
| Boots Gripe Mixture 1 Month Plusliquid | Boots |  | 0.7mmol (15mg) in 5mL | 8mmol |
| Boots Headache and Upset Stomach Relief effervescent powder | Boots (Wrafton) |  | 12.5mmol (288mg) per sachet | 50mmol |
| Boots Heartburn Relief Aniseed or Peppermint Flavour oral suspension | Boots (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Boots Indigestion Relief Fruit tablets | Boots (Wrafton) |  | Low sodium\* | Not significant |
| Boots Indigestion Relief Peppermint tablets |  | Low sodium\* | Not significant |
| Boots Pepti-Calm oral suspension | Boots |  | 2.7mmol (63mg) in 30mL | 22mmol |
| Boots Recovery effervescent powder | Boots (Wrafton) |  | 12.5mmol (288mg) per sachet | 50mmol |
| Boots Sodium Bicarbonate BP powder | Boots (Bell, Sons & Co) |  | 59.6mmol (1,370mg) in 5g powder (one level 5mL spoon) | 358mmol |
| Boots Wind Relief tablets | Boots |  | No sodium | None  |
| Children’s Gripe Mixture liquid | Boots |  | 0.7mmol (15mg) in 5mL | 8mmol |
| Children’s 1 Month Plus Gripe Mixture liquid |  | 0.7mmol (15mg) in 5mL | 8mmol |
| #As confirmed by absence from, or presence in, Part XVIIIA of the July 2021 Drug Tariff – see [Limitations](#_Limitations).\*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.\*\*The doses shown are for general comparison and do not imply therapeutic equivalence.$MAH Marketing Authorisation Holder (stated if different from company marketing the product). |
| Co-operative Peppermint Flavoured Indigestion Relief 500mg tablets | Co-op (Wrafton) |  | Low sodium\* | Not significant |
| Double Action Indigestion tablets | Boots |  | No sodium | None |
| Eno powder | GSK Consumer Healthcare |  | 37mmol (850mg) per sachet or 5mL dose | 222mmol |
| Essential Waitrose Heartburn and Indigestion oral suspension | Waitrose (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Fruit Flavoured Antacid tablets | Wrafton |  | Low sodium\* | Not significant |
| Fruit Flavoured Indigestion tablets |  | Low sodium\* | Not significant |
| Galpharm Heartburn and Indigestion Relief oral suspension | Galpharm (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Gastricalm tablets | Boots |  | No sodium | None |
| Gaviscon Advance Aniseed oral suspension | Reckitt Benckiser |  | 2.3mmol (53mg) in 5mL  | 18mmol |
| Gaviscon Advance Peppermint oral suspension |  | 2.5mmol (58mg) in 5ml | 20mmol |
| Gaviscon Advance Mint Chewable tablets |  | 2.3mmol (53mg) per tablet | 18mmol |
| Gaviscon Double Action Liquid Sachets oral suspension |  | 5.5mmol (128mg) in 10mL | 44mmol |
| Gaviscon Double Action Aniseed or Mint oral suspension |  | 5.5mmol (128mg) in 10mL | 44mmol |
| Gaviscon Double Action Mint/Mixed Berries Flavour chewable tablets  | Reckitt Benckiser |  | 2.4mmol (56mg) per tablet | 39mmol |
| Gaviscon Infant oral powder |  | 1mmol (24mg) per sachet | 12mmol |
| Gaviscon Original Aniseed Relief oral suspension |  | 6.2mmol (143mg) per 10mL | 50mmol |
| Gaviscon Peppermint Flavour tablets |  | 2.6mmol (59mg) per tablet | 42mmol |
| Gaviscon Strawberry Flavour tablets |  | 2.8mmol (64mg) per tablet | 44mmol |
| Gaviscon Peppermint Liquid Reliefsuspension |  | 6.2mmol (143mg) per 10mL | 50mmol |
| Gripe Mixture liquid | Boots |  | 0.7mmol (15mg) in 5mL | 8mmol |
| Headache and Upset Stomach Relief powder | Wrafton |  | 12.5mmol (288mg) per sachet | 50mmol |
| Healthpoint Heartburn and Indigestion Aniseed or Peppermint oral suspension | Pinewood |  | 6mmol (138mg) in 10mL | 48mmol |
| Heartburn and Indigestion Peppermint Flavour oral suspension | Teva (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Heartburn and Indigestion Relief oral suspension (aniseed) | 6mmol (138mg) in 10mL | 48mmol |
| Indigestion Relief tablets  | Boots (Wrafton) |  | Low sodium\* | Not significant |
| Infant Sugar Free Gripe Mixture liquid | Boots |  | 0.7mmol (15mg) in 5mL | 8mmol |
| Kolanticon gel oral suspension | Intrapharm  |  | Low sodium\* | Not significant |
| LloydsPharmacy Heartburn and Indigestion Aniseed or Peppermint Flavoured liquid  | LloydsPharmacy (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Losec MUPS 10mg, 20mg and 40mg dispersible tablets | Neon Healthcare |  | Low sodium\* | Not significant |
| Maalox oral suspension | Sanofi |  | Low sodium\* | Not significant |
| Maalox Plus oral suspension |  | Low sodium\* | Not significant |
| Maalox Plus tablets |  | Low sodium\* | Not significant |
| Magnesium trisilicate mixture | Thornton & Ross (LCM) |  | 6.4mmol (147mg) in 10mL | 38mmol |
| Mezzopram 10mg, 20mg and 40mg dispersible tablets | Sandoz  |  | No sodium  | None  |
| #As confirmed by absence from, or presence in, Part XVIIIA of the July 2021 Drug Tariff – see [Limitations](#_Limitations).\*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.\*\*The doses shown are for general comparison and do not imply therapeutic equivalence.$MAH Marketing Authorisation Holder (stated if different from company marketing the product). |
| Morrisons Heartburn and Indigestion oral suspension | Morrisons (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Mucogel suspension | Chemidex |   | Low sodium\* | Not significant |
| Numark Heartburn and Indigestion oral suspension | Numark (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Numark Peppermint Antacid 500mg tablets | Numark (Wrafton) |  | Low sodium\* | Not significant |
| Numark Sodium bicarbonate BP oral powder | Numark (Bell Sons & Co) |  | 59.6mmol (1,370mg) in 5g (one level 5mL spoon) | 358mmol |
| Optipharma Peppermint Antacid 500mg tablets | Optipharma (Wrafton) |  | Low sodium\* | Not significant |
| Original Andrews Salts effervescent powder | GSK Consumer Healthcare  |  | 13.9mmol (319mg) in 5mL | 56mmol |
| Paramed Peppermint Antacid tablets | Wrafton |  | Low sodium\* | Not significant |
| Paramed Indigestion Relief tablets |  | Low sodium\* | Not significant |
| Peppermint Antacid tablets |  | Low sodium\* | Not significant |
| Peptac Aniseed or Peppermint Flavour Liquid oral suspension | Teva (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Pepto-Bismol chewable tablets | Procter & Gamble |  | Low sodium\* | Not significant |
| Pepto-Bismol 17.5mg/mL oral suspension |  | Low sodium\* | Not significant |
| Phillip’s Milk of Magnesia oral suspension | Omega |  | Low sodium\* | Not significant |
| Rennie Deflatine tablets | Bayer |  | No sodium | None |
| Rennie Dual Action tablets |  | 1.2mmol (28mg) per two tablet dose | 7mmol |
| Rennie Ice tablets |  | No sodium | None |
| Rennie Orange Flavour tablets |  | Low sodium\* | Not significant |
| Rennie Peppermint tablets |  | Low sodium\* | Not significant |
| Rennie Spearmint tablets |  | Low sodium\* | Not significant |
| Rennie Sugar Free tablets |  | Low sodium\* | Not significant |
| Rennie Liquid Heartburn Relief oral suspension | Bayer (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Sainsbury's Heartburn and Indigestion oral suspension | Sainsbury’s (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Sainsbury’s Peppermint Antacid 500mg tablets | Sainsbury’s (Wrafton) |  | Low sodium\* | Not significant |
| Setlers Antacid chewable peppermint or spearmint tablets | Thornton & Ross |  | No sodium | None |
| Sodium Bicarbonate BP oral powder | Thornton & Ross (LCM) |  | 44.3mmol (1,020mg) in 5g powder (one level 5mL spoon) | 177mmol |
| Superdrug Heartburn and Indigestion Oral Suspension | Superdrug (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Superdrug Fruit Flavoured Indigestion Relief tablets | Superdrug (Wrafton) |  | Low sodium\* | Not significant |
| Superdrug Headache and Upset Stomach Relief powder | 12.5mmol (288mg) per sachet | 50mmol |
| Superdrug Original Indigestion Relief tablets | Low sodium\* | Not significant |
| Tesco Heartburn & Indigestion Relief liquid | Tesco (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Tesco Peppermint Flavoured Indigestion tablets | Tesco (Wrafton) |  | Low sodium\* | Not significant |
| Tesco Recovery effervescent powder |  | 12.5mmol (288mg) per sachet | 50mmol |
| Tums Assorted Fruit Antacid tablets | GSK Consumer Healthcare (Wrafton) |  | Low sodium\* | Not significant |
| #As confirmed by absence from, or presence in, Part XVIIIA of the July 2021 Drug Tariff – see [Limitations](#_Limitations).\*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.\*\*The doses shown are for general comparison and do not imply therapeutic equivalence.$MAH Marketing Authorisation Holder (stated if different from company marketing the product). |
| Wilkinson Heartburn and Indigestion liquid | Wilkinson (Pinewood) |  | 6mmol (138mg) in 10mL | 48mmol |
| Wilko Fruit Flavoured Antacid 500mg tablets | Wilkinson (Wrafton) |  | Low sodium\* | Not significant |
| Wind-Eze Gel Caps capsules | Teva (Forest) |  | No sodium | Not significant |
| Woodwards Gripe Water oral solution | Reckitt Benckiser |  | 0.7mmol (16mg) in 5mL | 8mmol |
| Zoton FasTab 15mg and 30mg orodispersible tablets | Pfizer |  | No sodium | None |
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### Limitations

* This list is not exhaustive – it specifically does not include parenteral preparations, and it does not include every generic version of a medicine where more than one is available.
* Formulations may be subject to change, but the information contained in this document is accurate at the time of publication.
* The doses shown in the tables are for general comparison and do not imply therapeutic equivalence.

### This Medicines Q&A notes the presence of products in Part XVIIIA of the Drug Tariff (‘the blacklist’). Prescriptions for medicines on the blacklist will not be passed for payment. Medicines with similar names may be passed for payment as processing software looks for the specific wording in the blacklist. For example, ‘Codis Soluble Tablets’ and ‘Rennie Tablets’ are ‘blacklisted’ but ‘Codis 500’ dispersible tablets and ‘Rennie Extra Tablets’ are not. ‘Tums Tablets’ are blacklisted but ‘Tums Assorted Fruit Antacid Tablets’ are not.

### References

1. NHS England. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs [Internet]. March 2018 [cited 13/05/2021]. Available from: [www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf](http://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf)

### Bibliography

The following sources were used to assemble the tables of sodium content:

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* NHS Business Services Authority. July 2021 Drug Tariff [Internet] [cited 16/07/2021]. Available from: [www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff/back-copies-drug-tariff](http://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff/back-copies-drug-tariff)
* PAGB. OTC Directory Online [Internet] [cited16/07/2021] Available from: [www.otcdirectory.co.uk/](http://www.otcdirectory.co.uk/)

## Quality Assurance

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### Search strategy (01/07/2021; original search done 03/02/2006)

1. In-house database/ resources
2. European Medicines Agency [www.ema.europa.eu](http://www.ema.europa.eu)
3. Medicines and Healthcare products Regulatory Agency [www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency](http://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency)
4. PAGB OTC Directory Online [www.otcdirectory.co.uk/](http://www.otcdirectory.co.uk/)