# Sodium content of miscellaneous dispersible, effervescent and soluble medicines

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. Orodispersible preparations do not contain significant amounts of sodium.
* This Medicines Q&A lists the sodium content of dispersible, effervescent, soluble and other preparations that could contain high levels of sodium, and can be used to help find preparations with lower sodium content.
* Other Medicines Q&As are available that list sodium content of medicines for indigestion and gastric disorders, medicines for pain, cold and flu, and medicines for constipation and diarrhoea.

*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 mild cystitis should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment [1].

None of these preparations are listed in the ‘blacklist’ (Part XVIIIA of the October 2021 Drug Tariff – but see [Limitations](#Limitations)).

| **Name of** **preparation and form** | **Company or companies (MAH$)** | **Approximate sodium content** |
| --- | --- | --- |
| **Per dose unit\*\*** | **Per maximum daily dose\*\*** |
| Abilify 10mg, 15mg or 30mg orodispersible tablets | Otsuka | Low sodium\* | Not significant |
| Acetylcysteine 600mg effervescent tablets | Ennogen | 15.5mmol (357mg) per tablet | 15.5mmol |
| Adcal-D3 Dissolve 1,500mg/400IU effervescent tablets | Kyowa Kirin | 1.8mmol (42mg) per tablet | 3.6mmol |
| Aricept Evess 5mg or 10mg orodispersible tablets | Eisai | No sodium | None |
| Aripiprazole 10mg or 15mg orodispersible tablets | Accord, Thornton & Ross | Low sodium\* | Not significant |
| Asda Cystitis Relief granules | Asda (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Berocca Boost effervescent tablets | Bayer  | 14.8mmol (341mg) per tablet | 30mmol |
| Berocca blackcurrant, mango, mixed berry or orange flavour effervescent tablets  | Bayer | 12.5mmol (287mg) per tablet | 12.5mmol |
| Berocca film-coated tablets | Bayer | Low sodium\* | Not significant |
| Betamethasone 500microgram soluble tablets | RPH | 0.9mmol (21mg) per tablet | 9.1mmol |
| Betnesol 500microgram soluble tablets | RPH | 0.9mmol (21mg) per tablet | 9.1mmol |
| Binosto 70mg effervescent tablets | Internis | 26.2mmol (603mg) per tablet (taken once a week) | 3.7mmol (equivalent) |
| Boots Cystitis Relief granules | Boots (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Boots Hayfever Relief Instant-Melts 10mg orodispersible tablets | Boots (Sandoz) | Low sodium\* | Not significant |
| Brilique 90mg orodispersible tablets | AstraZeneca | Low sodium\* | Not significant |
| Buccastem M buccal tablets  | Alliance  | Low sodium\*  | Not significant |
| Cacit D3 effervescent granules  | Hermes Pharma (Theramex) | Low sodium\* | Not significant |
| \*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.\*\*The doses shown are for general comparison and do not imply therapeutic equivalence.$MAH Marketing Authorisation Holder (stated if different from company marketing the product). |
| Calcium gluconate 1g effervescent tablets BP | Accord | 4.5mmol (103mg) per tablet | 90mmol |
| Calfovit D3 oral powder | Menarini | Low sodium\* | Not significant |
| Calvive 1000 effervescent tablets | GSK Consumer Healthcare | 6mmol (137mg) per tablet | 6mmol |
| CanesOasis Cystitis Relief 4g granules | Bayer (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Carbaglu 200mg dispersible tablets | Recordati | Low sodium\* | Not significant |
| Carbex oral granules | ParaPharm | 15mmol (350mg) per sachet | 15mmol |
| Care Cystitis Relief granules | Thornton & Ross (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Carglumic Acid 200mg dispersible tablets | Sovereign | 0.13mmol (3mg) per tablet | 17mmol |
| Cholera vaccine (inactivated, oral) suspension and effervescent granules | Valneva | 48mmol (1.1g) sodium per dose (taken once per week) | 6.9mmol (equivalent) |
| Colestid 5g granules or Colestid 5g orange granules | Pfizer | No sodium | None |
| Cymalon 4g granules  | Accord (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Cystadane 1g oral powder  | Recordati | No sodium | None |
| Cystocalm 4g granules | Galpharm (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Cystopurin granules | Bayer | No sodium | None |
| Diacomit 250mg or 500mg powder for oral suspension | Alan (Biocodex) | Low sodium\* | Not significant |
| Donepezil 5mg or 10mg orodispersible tablets  | Mylan | Low sodium\* | Not significant  |
| Donepezil 10mg orodispersible tablets | Sandoz | Low sodium\* | Not significant  |
| Dukoral suspension and effervescent granules | Valneva | 48mmol (1.1g) sodium per dose (taken once per week) | 6.9mmol (equivalent) |
| Effercitrate effervescent tablets | Cambridge  | Low sodium\* | Not significant |
| Emergen-C (various products) | GSK | *Contact company* |
| Endekay Fluotabs 1.1mg or 2.2mg tablets | Manx | Low sodium\* | Not significant  |
| Epanutin infatabs 50mg chewable tablets | Upjohn UK | Low sodium\* | Not significant  |
| Epilim Chronosphere MR 50mg modified release granules | Sanofi | 0.2mmol (4.6mg) per sachet | 10mmol |
| Epilim Chronosphere MR 100mg modified release granules | Sanofi | 0.4mmol (9.2mg) per sachet | 10mmol |
| Epilim Chronosphere MR 250mg modified release granules | Sanofi | 1mmol (23mg) per sachet | 10mmol |
| Epilim Chronosphere MR 500mg modified release granules | Sanofi | 2mmol (46mg) per sachet | 10mmol |
| Epilim Chronosphere MR 750mg modified release granules | Sanofi | 3mmol (69mg) per sachet | 10mmol |
| Epilim Chronosphere MR 1,000mg modified release granules | Sanofi | 4mmol (92mg) per sachet | 10mmol |
| Episenta 500mg prolonged-release granules | Desitin | 3mmol (69mg) per sachet | 15mmol |
| Episenta1,000mg prolonged-release granules | Desitin | 6mmol (138mg) per sachet | 15mmol |
| Fluoride 1.1mg or 2.2mg tablets | Manx | Low sodium\* | Not significant  |
| Forceval Soluble Junior tablets | Alliance  | 4.7mmol (108mg) per tablet | 4.7mmol |
| Forceval Soluble tablets | Alliance | 4mmol (92mg) per tablet | 4mmol |
| Gabapentin 50mg/mL oral solution  | Rosemont, Colonis | 0.03mmol (0.7mg) per mL | Variable |
| Gabapentin 50mg/mL oral solution | Thame | 0.04mmol (0.95mg) per mL | Variable |
| Glensoludex 2mg soluble tablets | Glenmark | 0.7mmol (15mg) per tablet | Variable |
| Glensoludex 4mg soluble tablets | Glenmark | 1.3mmol (30mg) per tablet | Variable |
| Glensoludex 8mg soluble tablets | Glenmark | 2.6mmol (60mg) per tablet | Variable |
| \*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). |
| Glyceryl trinitrate 500microgram tablets | Accord | No sodium | None |
| Ilaxten 10mg orodispersible tablets | Menarini | Low sodium\* | Not significant |
| Jorveza 1mg orodispersible tablets | Dr Falk | 1.1mmol (26mg) per tablet | 2.2mmol |
| Joy-rides tablets | Teva | No sodium | None |
| Kuvan 100mg soluble tablets | Biomarin | Low sodium\* | Not significant |
| Kwells 300microgram or Kwells Kids 150microgram tablets | Dexcel | Low sodium\* | Not significant |
| Lamictal 2mg, 5mg, 25mg or 100mg chewable/dispersible tablets | GSK | Low sodium\* | Not significant |
| Lamotrigine 25mg or 100mg dispersible tablets | Mylan | Low sodium\* | Not significant |
| Lipitor 10mg or 20mg chewable tablets | Upjohn | Low sodium\* | Not significant |
| Levitra 10mg orodispersible tablets | Bayer | No sodium | None  |
| Lokelma 5g or 10mg powder for oral suspension | Astrazeneca | 17.4mmol (400mg) per 5g | 104mmol |
| Madopar 62.5mg or 125mg dispersible tablets | Roche | No sodium | None |
| Magnaspartate 243mg powder for oral solution | Kora | Low sodium\* | Not significant |
| Meloxicam 7.5mg or 15mg orodispersible tablets | Fontus Health(Alpex) | Low sodium\* | Not significant |
| Mirtazapine 15mg, 30mg or 45mg orodispersible tablets | Accord | No sodium | None  |
| Modigraf 0.2mg or 1mg granules for oral suspension | Astellas | Low sodium\* | Not significant |
| Monuril 3g granules for oral solution | Profile (Zambon) | Low sodium\* | Not significant |
| Mucolight 600mg effervescent tablets | Ennogen | 15.5mmol (357mg) per tablet | 15.5mmol |
| Nacsys 600microgram effervescent tablets | Altrurix | 5mmol (115mg) per tablet | 5mmol |
| NicAssist Fruit Fresh 2mg or 4mg gum | Boots (McNeil) | Low sodium\* | Not significant |
| NicAssist Ice Mint 2mg or 4mg gum | Boots (McNeil) | Low sodium\* | Not significant |
| NicAssist Minty Fresh 2mg or 4mg gum | Boots (McNeil) | Low sodium\* | Not significant |
| NicAssist 1mg lozenges | Boots (GSK Consumer Healthcare) | 0.4mmol (9.8mg) per lozenge | 12.8mmol |
| NicAssist 2mg lozenges | Boots (GSK Consumer Healthcare) | 0.4mmol (9.8mg) per lozenge | 6.4mmol |
| NicAssist 2mg microtab | Boots (McNeil) | Low sodium\* | Not significant |
| Nicorette 2mg or 4mg gum | McNeil | Low sodium\* | Not significant |
| Nicorette Cools 2mg or 4mg lozenge | McNeil | Low sodium\* | Not significant |
| Nicorette Icy White 2mg or 4mg gum | McNeil | Low sodium\* | Not significant |
| Nicorette Freshmint 2mg or 4mg gum | McNeil | Low sodium\* | Not significant |
| Nicorette Fruit 2mg lozenge | McNeil | Low sodium\* | Not significant |
| Nicorette Fruitfusion 2mg or 4mg gum | McNeil | Low sodium\* | Not significant |
| Nicorette Microtab 2mg sublingual tablet  | McNeil | Low sodium\* | Not significant |
| Nicorette QuickMist or QuickMist SmartTrack 1mg/spray mouthspray | McNeil | Low sodium\* | Not significant |
| Nicorette QuickMist Cool Berry or Cool Berry SmartTrack1mg/spray mouthspray | McNeil | Low sodium\* | Not significant |
| Nicotinell 2mg medicated chewing gum (all flavours) | GSK Consumer Healthcare | 0.5mmol (12mg) per gum | 12.5mmol |
| Nicotinell 4mg medicated chewing gum (all flavours) | GSK Consumer Healthcare | 0.5mmol (12mg) per gum | 7.5mmol |
| Nicotinell 1mg or 2mg lozenge | GSK Consumer Healthcare | Low sodium\* | Not significant |
| NiQuitin 2mg Extra Fresh Mint gum | Omega | 0.5mmol (10mg) | 6.8mmol |
| NiQuitin 4mg Extra Fresh Mint gum | Omega | 0.7mmol (15mg) | 10mmol |
| \*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). |
| NiQuitin 2mg or 4mg lozenges | Omega | 0.65mmol (15mg) per lozenge | 10mmol |
| NiQuitin Minis 1.5mg lozenges | Omega | Low sodium\* | Not significant |
| NiQuitin Minis 4mg lozenges | Omega | 0.2mmol (4mg) per lozenge | 2.6mmol |
| Neomag 4mmol chewable tablets | Neoceuticals | No sodium | None |
| Olanzapine 5mg, 10mg, 15mg or 20mg orodispersible tablets | Dr Reddy’s, Mylan | Low sodium\* | Not significant |
| Olanzapine 5mg, 10mg, 15mg or 20mg orodispersible tablets | Accord, Ranbaxy | No sodium | None  |
| Ondansetron 4mg orodispersible tablets | Healthcare Pharma | Low sodium\* | Not significant |
| Olena 20mg dispersible tablets | Advanz (Mercury) | Low sodium\* | Not significant |
| Ovex/Ovex Family Pack/Boots Threadworm Tablets/Threadworm Tablets 2 Years Plus | McNeil | 0.2mmol (3.8mg) per tablet | Not significant |
| Pheburane 483mg/g granules | Eurocept International | 5.4mmol (124mg) sodium per gram  | 108mmol |
| Phenergan 5mg/5mL elixir | Sanofi | 1.6mmol (37mg) in 5 mL | 19mmol |
| Phosphate-Sandoz effervescent tablets | Alturix | 20.4mmol (469mg) per tablet  | 122mmol |
| Prednesdol 5mg tablets | Advanz (Amdipharm) | 1.6mmol (37mg) per tablet | Variable |
| Prednisolone 5mg soluble tablets | Advanz (Focus) | 1.2mmol (28mg) per tablet | Variable |
| Questran oral powder | Neon | No sodium | None |
| Questran Light oral powder | Neon | No sodium | None |
| Renvela 2.4g powder for oral suspension | Sanofi | Low sodium\* | Not significant |
| Resonium A oral powder | Sanofi | 74mmol (1.7g) per 15g dose | 296mmol |
| Risperidone 0.5mg, 1mg, 2mg, 3mg or 4mg orodispersible tablets | Mylan | No sodium | None  |
| Risperidone 1mg, 2mg, 3mg or 4mg orodispersible tablets | Ranbaxy | Low sodium\* | Not significant |
| Sabril500mg granules | Sanofi | No sodium | None |
| Sainsbury's Healthcare Cystitis Relief 4g granules | Sainsbury’s (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Sando-K effervescent tablets | Alturix | Low sodium\* | Not significant |
| Setofilm 4mg or 8mg orodispersible films | Norgine | No sodium | None |
| Slow Sodium 600mg coated tablets | Alturix | 10mmol (230mg) per tablet | 200mmol |
| Sodium bicarbonate 500mg capsules | Various | 6mmol (137mg) per capsule | Variable |
| Sodium bicarbonate 600mg tablets | Various | 7.1mmol (164mg) per tablet | Variable |
| Solvazinc effervescent tablets | Galen | 4.6mmol (106mg) per tablet | 14mmol |
| Stirlescent 250mg effervescent tablets | Stirling Anglian | 14.9mmol (342mg) per tablet | 74mmol |
| Superdrug Cystitis Relief granules | Superdrug (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Translarna 125mg, 250mg or 1,000mg granules for oral suspension | PTC Therapeutics | No sodium | None  |
| Valios 5mg, 10mg,15mg or 20mg orodispersible tablets | Dr Reddy’s | Low sodium\* | Not significant |
| Vantage Cystitis Relief granules | Vantage (Wrafton) | 40.8mmol (939mg) per sachet | 122mmol |
| Vardenafil 10mg orodispersible tablets | Ridge (Chanelle) | Low sodium\* | Not significant |
| Veltassa 8.4g, 16.8g or 25.2g powder for oral suspension | Vifor Fresenius Medical Care Renal | No sodium | None |
| Velphoro 125mg oral powder | Vifor Fresenius Medical Care Renal | No sodium | None |
| Velphoro 500mg chewable tablets | Vifor Fresenius Medical Care Renal | No sodium | None |
| Vermox 100mg tablets | Janssen | 0.17mmol (3.8mg) per tablet | 0.3mmol |
| Vibramycin-D 100mg dispersible tablets | Pfizer | No sodium | None |
| Vimpat 10mg/mL syrup | UCB  | 0.3mmol (7mg) in 5mL | 3.7mmol |
| \*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.$MAH Marketing Authorisation Holder (stated if different from company marketing the product). |
| Votubia 1mg, 2mg, 3mg or 5mg dispersible tablets | Novartis | No sodium | None |
| Xyrem 500mg/mL oral solution | UCB  | 7.8mmol (180mg) in 2mL | 70mmol |
| Zalasta 5mg, 7.5mg, 10mg, 15mg or 20mg orodispersible tablets | Consilient (KRKA) | No sodium | None |
| Zaponex 12.5mg, 25mg, 50mg, 100mg or 200mg orodispersible tablets | Leyden Delta | Low sodium\* | Not significant |
| Zofran Melt 4mg or 8mg oral lyophilisate | Novartis | Low sodium\* | Not significant |
| Zovirax 200mg or 800mg dispersible tablets | GlaxoSmithKline | Low sodium\* | Not significant |
| Zyprexa Velotab 5mg, 10mg, 15mg or 20mg orodispersible tablets | Eli Lilly | Low sodium\* | Not significant |
| \*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.\*\*The doses shown are for general comparison and do not imply therapeutic equivalence.$MAH Marketing Authorisation Holder (stated if different from company marketing the product). |

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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* Datapharm Communications Ltd. eMC Dictionary of Medicines and Devices Browser [Internet] [cited October 2021]. Available from:<http://dmd.medicines.org.uk>
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* Manufacturers’ Summaries of Product Characteristics and Patient Information Leaflets [internet] [cited September 2021 to October 2021]. Available from: electronic Medicines Compendium at [www.medicines.org.uk](http://www.medicines.org.uk) or MHRA at [www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency](http://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency)
* NHS Business Services Authority. October 2021 Drug Tariff [Internet] [cited 24/11/2021]. 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)
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## Quality Assurance

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### Search strategy (09/09/2021; 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/)