



# Alka-Seltzer<sup>®</sup> XS

Aspirin, Paracetamol, Caffeine

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use Alka-Seltzer XS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 3 days.
- If you have any unusual effects after using this product, tell your doctor or pharmacist.

## IN THIS LEAFLET:

1. What is Alka-Seltzer XS and what is it used for?
2. Before you take Alka-Seltzer XS
3. How to take Alka-Seltzer XS
4. Possible side effects
5. How to store Alka-Seltzer XS
6. Further information

## 1. WHAT IS ALKA-SELTZER<sup>®</sup> XS AND WHAT IS IT USED FOR?

Alka-Seltzer XS are effervescent tablets which dissolve in water to give a sparkling solution. The active substances are: aspirin (acetylsalicylic acid), paracetamol and caffeine.

Aspirin belongs to a group of medicines known as non-steroidal anti-inflammatory drugs (NSAIDs). Aspirin and paracetamol are both used for the treatment of pain and reduction of fever. Aspirin also has anti-inflammatory properties, whilst caffeine acts as mild stimulant.

Alka-Seltzer XS can be used for the:

- Treatment of mild to moderate pain including headache, migraine, backache (including lumbago), nerve pain (neuralgia and sciatica), period pain, toothache and sore throat.
- Symptomatic relief of colds and influenza.
- Relief of rheumatic pain (arthritis), muscle tenderness and stiffness (including fibrositis), muscular aches and pains.
- Effective reduction of high temperature.

## 2. BEFORE YOU TAKE ALKA-SELTZER<sup>®</sup> XS

### DO NOT take Alka-Seltzer XS if you:

- Are allergic (hypersensitive) to aspirin, paracetamol, caffeine or any of the ingredients (*listed in Section 6, - Further Information*)
- Are allergic to any other pain relieving or anti-inflammatory medicines (eg NSAIDS or salicylates). *For more information see section 4 'Possible Side Effects'.*
- Have a disorder which causes excessive bleeding such as haemophilia.
- Have, or have had, a stomach or duodenal ulcer.
- Are on a high dose of methotrexate (15mg per week or more). If you are not sure, check with your doctor. *Also see 'Using other medicines'.*
- Are pregnant or breast-feeding, unless advised by a doctor.

### Using other medicines:

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Aspirin can affect the way in which some medicines work. These medicines include:

- Medication to prevent blood clotting (eg warfarin, heparin, ticlopidine).
- Medication to treat heart problems or to lower blood pressure (eg ACE inhibitors or digoxin).
- Medication to treat gout.
- Diuretics (to treat water retention).
- Medication to treat epilepsy (eg sodium valproate, phenytoin).
- Medication to lower blood sugar if you are diabetic.
- Methotrexate (to treat psoriasis, rheumatoid arthritis, Crohn's disease and some types of cancer).
- Any pain-relieving or anti-inflammatory medicines.
- Medication containing corticosteroids.

Paracetamol can affect the way in which some medicines work. These medicines include:

- Metoclopramide (to treat nausea and vomiting).
- Domperidone (to treat nausea, vomiting, indigestion).
- Colestyramine (to treat high cholesterol).

Do not take other products containing paracetamol whilst taking this product.

### Taking with food and drink:

Avoid taking alcohol while taking Alka-Seltzer XS.

### Pregnancy and breast-feeding:

Do not take Alka-Seltzer XS if you are pregnant, breast-feeding or trying for a baby unless directed by your doctor. Aspirin can prolong labour and affect blood clotting in the mother or baby.

Always ask your doctor or pharmacist for advice before taking any medicine.

### Important information about some of the ingredients:

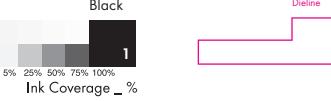
This medicine contains 472 mg sodium (main component of cooking/table salt) in each tablet. This is equivalent to 23.6% of the recommended maximum daily dietary intake of sodium for an adult.

### Use in children:

Aspirin can cause Reye's syndrome when it is given to children. Reye's syndrome is a very rare disease, which can be fatal. For this reason aspirin should not be given to children under 16 years, unless your doctor tells you to.

packpool ref. no.	CH-16612
client	Bayer
brand	Alka-Seltzer
product	XS TAEF SACH 20
country	United Kingdom
change request number	AW.NPI-57413-01 (PCCO024148)
sku	89503612
packaging	Leaflet
component code	89540860
production site	Bitterfeld DE
barcode	204 (Laetus Code)
braille translation	-
drawing number	7163
program	InDesign 2022
filename	AW_NPI-57413-01_P01_PIL
version	1
dimensions	148 x 315 mm
creation date	December 1st 2022
font size main text	8pt (x-height=1,2mm)
font(s) used	Minion Pro
printing technology	Offset
printer	
colours	1
Block	
Dieline	
Ink Coverage %	1
colours	



packpool ref. no.	CH-16612	
client	Bayer	
brand	Alka-Seltzer	
product	XS TAEF SACH 20	
country	United Kingdom	
change request number	AW.NPI-57413-01 (PCCO024148)	
sku	89503612	
packaging	Leaflet	
component code	89540860	
production site	Bitterfeld DE	
barcode	204 (Laetus Code)	
braille translation	-	
drawing number	7163	
program	InDesign 2022	
filename	AW_NPI-57413-01_P01_PIL	
version	1	
dimensions	148 x 315 mm	
creation date	December 1st 2022	
font size main text	8pt (x-height=1,2mm)	
font(s) used	Minion Pro	
printing technology	Offset	
printer		
colours	1	
		
check	system	print
barcode	<input checked="" type="checkbox"/>	
format/measures/dieline	<input checked="" type="checkbox"/>	<input type="checkbox"/>
braille	<input type="checkbox"/>	
colour separations	<input checked="" type="checkbox"/>	<input type="checkbox"/>
repetition (Foil)	<input type="checkbox"/>	
pdf check	<input checked="" type="checkbox"/>	
 12 mm		
size first letter of brand		
contact person		
email		
phone		
packaging site approval	name	-
	date	-
		-
country approval	name	-
	date version	-
		-



148mm

### 3. HOW TO TAKE ALKA-SELTZER® XS

Follow the directions below closely. You should ask your doctor or pharmacist if you are unsure how to use this medicine.

Alka-Seltzer XS tablets must always be dissolved in water before use.

*Adults and children over 16:*

Two tablets dissolved in half a glass (100ml) of water may be taken every 4 hours as required. You should not take more than 8 tablets in 24 hours.

Not recommended in children under 16.

Make sure you follow the dosage instructions and do not take more than the stated dose.

Do not take Alka-Seltzer XS for more than 3 days in a row. If you do not get better, talk to your doctor.

**If you take more Alka-Seltzer XS than you should:**

Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage.



50 mm

Laetus  
204

### 4. POSSIBLE SIDE EFFECTS

Like all medicines Alka-Seltzer XS can cause side effects although not everybody gets them.

If you experience any of the following side effects, **stop taking** Alka-Seltzer XS and go to your nearest Accident and Emergency Department or doctor immediately:

- An allergic reaction. Signs of allergic reaction may include: difficulty in breathing or swallowing, swelling of the face, lips, throat or tongue, skin rashes, large or itchy wheals on the skin, attacks of sneezing, runny nose and itching eyes or water retention.
- Stomach bleeding, which may result in black or tarry stools.
- Nausea or vomiting.
- Dizziness or ringing in the ears.
- Diarrhoea.
- Increased bleeding/blood thinning (if you cut or injure yourself).
- An asthma attack if you are asthmatic and sensitive to aspirin.
- Changes in normal liver activity in blood tests (very rare).

Very rare cases of serious skin reactions have been reported.

If you have unusual stomach pains or react badly to this medicine in any other way, stop taking Alka-Seltzer XS and tell your doctor or pharmacist immediately.

**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 in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help provide more information on the safety of this medicine.

### 5. HOW TO STORE ALKA-SELTZER® XS

Keep out of the sight and reach of children.

Do not store above 25 °C. Store in a dry place. This product should be stored in its original carton.

This product is packaged in pouches containing 1 or 2 tablets. If the pouch is damaged or if a tablet is powdery or discoloured, do not use the tablet.

Do not use Alka-Seltzer XS after the expiry date which is stated on the carton and on the foil pouch. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

### 6. FURTHER INFORMATION

**What Alka-Seltzer XS contains:**

The **active substances** are aspirin (acetylsalicylic acid) (267mg per tablet), paracetamol (133mg per tablet) and caffeine (40mg per tablet).

The other ingredients are sodium hydrogen carbonate and citric acid.

*See section 2 'Important information about some of the ingredients' for sodium advice.*

**What Alka-Seltzer XS looks like and contents of the pack:**

Alka-Seltzer XS comes in cartons containing 2, 10, 12, 20 or 30 white effervescent tablets packaged in foil pouches. Not all pack sizes may be marketed.

**Marketing Authorisation Holder:**

Bayer plc  
400 South Oak Way  
Reading  
RG2 6AD  
UK

**Manufacturer:**

Bayer Bitterfeld GmbH  
OT Greppin  
Salegaster Chaussee 1  
06803 Bitterfeld-Wolfen  
Germany

This leaflet was last revised in November 2022.

Alka-Seltzer® is a registered trademark.

315mm