

METABOLICS POTASSIUM CITRATE 10

Active ingredient(s): *Potassium citrate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using METABOLICS POTASSIUM CITRATE 10. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using METABOLICS POTASSIUM CITRATE 10.**

Where to find information in this leaflet:

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1. Why am I using METABOLICS POTASSIUM CITRATE 10?

METABOLICS POTASSIUM CITRATE 10 contains the active ingredient potassium citrate. METABOLICS POTASSIUM CITRATE 10 is a complementary medicine.

METABOLICS POTASSIUM CITRATE 10 is used to maintain/support general health and wellbeing; maintain/support kidney function

2. What should I know before I use METABOLICS POTASSIUM CITRATE 10?

Warnings

Do not use METABOLICS POTASSIUM CITRATE 10 if:

- you are allergic to potassium citrate, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- you have excessive potassium in the blood (hyperkalaemia), uncontrolled diabetes, dehydration, or adrenal glands not working properly.
- you are taking a medicine that retains potassium in your blood, like triamterene, spironolactone or amiloride.
- you have active urinary tract infection, or
- you have a peptic ulcer.

Do not take METABOLICS POTASSIUM CITRATE 10 tablets after the expiry date printed on the bottle.

Do not take METABOLICS POTASSIUM CITRATE 10 tablets if the seal on the bottle seems to have been opened.

Check with your doctor or pharmacist if you:

- have any other medical conditions
- take any medicines for any other condition
- you have any allergies;
- you have had or now have any kidney disease;
- you have a peptic ulcer or any other stomach problems;
- you have an active urinary tract infection;
- you have excessive potassium in your blood;
- you suffer from a condition, which leaves excessive potassium in your blood such as kidney disease, uncontrolled diabetes, dehydration, or adrenal glands not working properly; or
- you are planning to start a strenuous physical exercise programme.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Tell your doctor if you are taking any potassium-sparing medicines such as triamterene, spironolactone and amiloride; or digitalis medication.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect METABOLICS POTASSIUM CITRATE 10.

4. How do I use METABOLICS POTASSIUM CITRATE 10?

How much to take / use

Take METABOLICS POTASSIUM CITRATE 10 tablets in conjunction with a diet that avoids foods with high salt content and avoids the use of table salt. Drink at least two litres of fluid every day.

The dose required varies from person to person. The usual dose is 2 tablets twice a day.

Your doctor will tell you how much METABOLICS POTASSIUM CITRATE 10 you should take. Doses of METABOLICS POTASSIUM CITRATE 10 greater than 10 tablets/day (100 mEq/day) should be avoided.

DO NOT TAKE MORE THAN THE DOSE YOUR DOCTOR HAS RECOMMENDED.

Do not crush, chew, or suck the tablet. Check with your doctor if there is trouble swallowing the tablets or if the tablet seems to stick in the throat.

When to take / use METABOLICS POTASSIUM CITRATE 10

Take your tablets the same time each day with food. This will help you remember when to take the tablets.

If you use too much METABOLICS POTASSIUM CITRATE 10

If you think that you have used too much METABOLICS POTASSIUM CITRATE 10, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using METABOLICS POTASSIUM CITRATE 10?

Things you should do

Remind any doctor, dentist or pharmacist you visit that you are using METABOLICS POTASSIUM CITRATE 10,

Things you should not do

Do not use tablets to treat any complaint other than that directed by your doctor. It may not be safe to use METABOLICS POTASSIUM CITRATE 10 tablets for another complaint.

Do not give METABOLICS POTASSIUM CITRATE 10 tablets to someone else even if their symptoms are the same. It may not be safe for another person to use METABOLICS POTASSIUM CITRATE 10 tablets.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how METABOLICS POTASSIUM CITRATE 10 affects you.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Looking after your medicine

- Keep METABOLICS POTASSIUM CITRATE 10 tablets in their bottle until it is time to take your dose. If you take them out of their container, they may not keep well.
- Keep METABOLICS POTASSIUM CITRATE 10 tablets in a cool dry place where the temperature stays below 25°C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

[Less serious/common] side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• Stomach discomfort• Vomiting• Diarrhoea• Loose bowel movements• Queasiness	Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What METABOLICS POTASSIUM CITRATE 10 contains

Active ingredient (main ingredient)	Potassium Citrate
Other ingredients (inactive ingredients)	Carnauba Wax magnesium stearate

Do not take this medicine if you are allergic to any of these ingredients.

What METABOLICS POTASSIUM CITRATE looks like

METABOLICS POTASSIUM CITRATE 10 tablet is tan to yellow colour, oval shaped, biconvex uncoated tablets debossed with "537" on one side and plain on the other side. The tablet should be free of all physical defects. (Aust L 386636)

Who distributes METABOLICS POTASSIUM CITRATE 10

Reach Pharmaceuticals Pty Ltd
Corporate One, Ground Floor
84 Hotham Street,
Preston VIC 3072

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