

**18 June 2024**

**SUMMARY OF PRODUCT CHARACTERISTICS**

**for**

**Reckilieve, chewable tablets**

**0. D.SP.NO.**

32853

**1. NAME OF THE MEDICINAL PRODUCT**

Reckilieve

**2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each chewable tablet contains 250 mg sodium alginate, 106.5 mg sodium hydrogen carbonate and 187.5 mg calcium carbonate.

Excipient(s) with known effect:

Aspartame (E951) 5.86 mg per chewable tablet

Carmoisine Lake (E122) 0.375 mg per chewable tablet

Sucrose 0,41 mg per chewable tablet

Sodium 55.936 mg per chewable tablet

For a full list of excipients, see Section 6.1.

**3. PHARMACEUTICAL FORM**

Chewable tablets

A 15 mm flat, circular, bi-layer chewable tablet with bevelled edges. One layer of the chewable tablet is pink and slightly mottled with GDA surface markings, and the other white with sword and circle surface markings.

**4. CLINICAL PARTICULARS**

**4.1 Therapeutic indications**

Treatment of acid related symptoms of gastro-oesophageal reflux such as heartburn, acid regurgitation and indigestion, for example following meals or during pregnancy.

The product is indicated in adults and children aged 12 years and over.

**4.2 Posology and method of administration**

**Posology:**

Adults and children 12 years and over: Two to four chewable tablets after meals and at bedtime, up to four times per day.

**Paediatric:**

Children under 12 years: Treatment of children younger than 12 years of age is not recommended.

**Elderly:**

No dose modifications necessary for this age group.

**Hepatic Impairment:**

No modifications necessary

**Renal Insufficiency:**

Caution if highly restricted salt diet is necessary (see section 4.4).

**Method of administration:**

For oral administration after being thoroughly chewed.

**Duration of treatment:**

The recommended maximum duration of use without medical intervention is 7 days. If symptoms do not improve after 7 days, the clinical situation should be reviewed

**4.3 Contraindications**

This medicinal product is contraindicated in patients with known or suspected hypersensitivity to the active substances or to any of the excipients listed in section 6.1.

**4.4 Special warnings and precautions for use**

If symptoms do not improve after seven days, the clinical situation should be reviewed.

Prolonged use should be avoided.

As with other antacid products, taking Reckilieve can mask the symptoms of other more serious, underlying medical conditions.

Reckilieve should not be used in the following cases:

* Patients with severe/impaired renal function/-insufficiency
* Patients with hypophosphatemia

There is a possibility of reduced efficacy in patients with very low levels of gastric acid.

**Paediatric population**

There is increased risk for hypernatremia in children with gastroenteritis or suspected renal insufficiency.

Treatment of children younger than 12 years of age is not generally recommended.

**Excipients**

This medicinal product contains 223.7 mg (9.728 mmol) sodium per four chewable tablet dose, equivalent to 11.18% of the WHO recommended maximum daily intake for sodium of 2 g of sodium for an adult.

The maximum daily dose of this product is equivalent to 44.75% of the WHO recommended maximum daily intake for sodium. This product is considered high in sodium. This should be taken into account when a highly restricted salt diet is recommended, e.g. in some cases of congestive cardiac failure and renal impairment.

Each four chewable tablet dose contains 300 mg (7.5 mmol) of calcium. Care needs to be taken in treating patients with hypercalcaemia, nephrocalcinosis and recurrent calcium containing renal calculi.

This medicinal product contains carmoisine lake (E122) which may cause an allergic reaction.

This medicine contains 5.86 mg aspartame in each chewable tablet. Due to its aspartame (E951) content this product should not be given to patients with phenylketonuria.

Contains sucrose. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrase-isomaltase insufficiency should not take this medicine.

**4.5 Interaction with other medicinal products and other forms of interaction**

Due to the presence of calcium and carbonates, which act as antacids, a time-interval of 2 hours should be taken into account between the intake of this medicinal product and the administration of other medicinal products. This applies especially to H2-antihistaminics, tetracyclines, digoxine, fluoroquinolone, iron salts, thyroid hormones, ketoconazole, neuroleptics, thyroxine, penicillamine, beta-blockers, (atenolol, metoprolol, propanolol), glucocorticoid, chloroquine, estramustine and bisphosphonates.

See also section 4.4.

**4.6 Fertility, pregnancy and lactation**

**Pregnancy**

A moderate amount of data on pregnant women (between 300-1000 pregnancy outcomes) indicate no malformative or feto/neonatal toxicity of the active substances.

Based on this and previous experience the medicinal product may be used during pregnancy and lactation, if clinically needed.

Nevertheless, taking into account the presence of calcium carbonate it is recommended to limit the treatment duration as much as possible.

**Breastfeeding**

No effects of the active substances have been shown in breastfed newborns/infants of treated mothers. This product can be used during breast-feeding if clinically needed.

**Fertility**

Pre-clinical animal investigations have revealed alginate has no negative effect on parental or offspring fertility or reproduction.

Clinical data do not suggest that this product has an effect on human fertility.

**4.7 Effects on ability to drive and use machines**

No traffic warning.

This product has no or negligible influence on the ability to drive and use machines.

**4.8 Undesirable effects**

Adverse events which have been associated with sodium alginate, sodium hydrogen carbonate and calcium carbonate are given below, tabulated by system organ class and frequency. Frequencies are defined as: Very common (≥1/10); Common (≥1/100 and <1/10); Uncommon (≥1/1000 and <1/100); Rare (≥1/10,000 and <1/1000); Very rare (<1/10,000); Not known (cannot be estimated from the available data). Within each frequency grouping, adverse events are presented in order of decreasing seriousness.

| **System Organ Class** | **Frequency** | **Adverse Events** |
| --- | --- | --- |
| Immune System Disorders | Very Rare | Anaphylactic reaction, anaphylactoid reaction. Hypersensitivity reactions such as urticaria. |
| Metabolism and Nutritional  Disorders | Not Known | Alkalosis1, Hypercalcaemia1, Milk-alkali Syndrome1 |
| Respiratory, Thoracic and Mediastinal Disorders | Not known | Respiratory effects such as bronchospasm. |
| Gastrointestinal Disorders | Very Rare | Abdominal pain, acid rebound, diarrhoea, nausea, vomiting |
| Not Known | Constipation1 |
| Skin and Subcutaneous Tissue Disorders | Very Rare | Rash Pruritic |

**Description of Selected Adverse Reactions**

1 Usually occurs following larger than recommended dosages.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via:

Lægemiddelstyrelsen

Axel Heides Gade 1

DK-2300 København S

Website: www.meldenbivirkning.dk

**4.9 Overdose**

**Symptoms**

Symptoms are likely to be minor; may experience abdominal discomfort and may notice abdominal distension.

**Management**

In the event of overdose, symptomatic treatment should be given.

**4.10 Legal status**

HF

**5. PHARMACOLOGICAL PROPERTIES**

**5.1 Pharmacodynamic properties**

Pharmacotherapeutic group: Other drugs for peptic ulcer and gastro-oesophageal reflux disease, ATC Code: A02BX13.

The medicinal product is a combination of an alginate and two antacids (calcium carbonate and sodium hydrogen carbonate) which provide protective and neutralising effects.

1. Protective effect

On ingestion, the medicinal product reacts rapidly with gastric acid to form a protective barrier (raft) of alginic acid gel having a near neutral pH and which floats on the stomach contents. Effective impediment ofgastro-oesophageal reflux may last for up to 4 hours. This means that acid regurgitation is mechanically prevented and the oesophagus is thus protected. In severe cases the raft itself instead of the stomach contents may be refluxed into the oesophagus. The raft will then exert a demulcent effect.

2. Neutralising effect

Calcium carbonate and sodium hydrogen carbonate react immediately following ingestion to neutralise gastric acid and provide fast relief from indigestion and heartburn. Reckilieve neutralizes the postprandial acid pocket. The total neutralising capacity of the medicinal product at the lowest dose of two chewable tablets is approximately 10 mEqH+. This effect has also been demonstrated in an in vivo study via intragastric pH monitoring using a multi-electrode catheter in fasted healthy participants to remove variability caused by postprandial buffering. The primary study endpoint was the percentage of time with an intragastric pH ≥ 4 during the 30 minutes post-treatment period. This endpoint was achieved 50.8% of the time with sodium alginate-antacid medicinal product versus 3.5% of the time with placebo (p=0.0051).

**5.2 Pharmacokinetic properties**

The mode of action of the medicinal product is physical and does not depend on absorption into the systemic circulation.

**5.3 Preclinical safety data**

There are no preclinical data of any relevance to the prescriber, which are additional to those already included in other sections of the SmPC.

**6. PHARMACEUTICAL PARTICULARS**

**6.1 List of excipients**

Macrogol

Mannitol (E421)

Copovidone

Acesulfame potassium

Aspartame (E951)

Carmoisine Lake (E122)

Magnesium stearate

Xylitol DC (contains carmellose sodium)

Peppermint flavor (Flavour contains Maltodextrin, Arabic Gum and sucrose)

**6.2 Incompatibilities**

Not applicable.

**6.3 Shelf life**

2 years.

**6.4 Special precautions for storage**

Do not store above 30 °C. Store in the original package in order to protect from moisture.

**6.5 Nature and contents of container**

Blisters of clear PVC/PE/PVdC laminate with aluminium foil lidding packed into cartons.

Blister tray containing 2, 4, 6 or 8 sealed chewable tablets.

Pack sizes: 4, 6, 8, 12, 16, 24, 32, 48, 60, 64, 80 and 112 chewable tablets.

Not all pack sizes may be marketed.

**6.6 Special precautions for disposal and other handling**

No special requirements for disposal.

**7. MARKETING AUTHORISATION HOLDER**

RB Health Nordic A/S

Vandtårnsvej 83a

2860 Søborg

**8. MARKETING AUTHORISATION NUMBER(S)**

67292

**9. DATE OF FIRST AUTHORISATION**

18 June 2024

**10. DATE OF REVISION OF THE TEXT**

13 February 2025