

Product Name		Crampex Tablets			Packaging Type	Leaflet	
Category/PL No.		PM/20/376			Text revision no.	0	Page # 1 of 4
Component	Pack size	IG Code:	Current V#:	New V#:	Revised by:	Date:	
Leaflet	24's	9279744	1710	1903		Authorised by:	Date:
CRN	Description						
15905	Transfer license to Clonmel for Brexit						

PACKAGE LEAFLET: INFORMATION FOR THE USER

Crampex Tablets

nicotinic acid 20mg
calcium gluconate 200mg
cholecalciferol 0.02mg

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

This medicine is available without prescription. However, you still need to take Crampex Tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- You must contact your doctor if your symptoms worsen or do not improve.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Crampex Tablets are and what they are used for
2. Before you take Crampex Tablets
3. How to take Crampex Tablets
4. Possible side effects
5. How to store Crampex Tablets
6. Further information

1. What Crampex Tablets are and what they are used for

Crampex Tablets contain calcium gluconate and cholecalciferol to increase calcium levels in the blood as low levels of calcium can contribute to muscle cramps. They also contain nicotinic acid to improve circulation.

The tablets are for night time muscle cramp.

2. Before you take Crampex Tablets



Do not take the medicine if you have....

- An **allergy** to any of the ingredients listed in section 6.
- An **excessive** amount of **calcium in your blood**.



Take special care with Crampex Tablets if you have....

- Poor kidney function or have a tendency to form kidney stones. Treatment with Crampex should be kept as short as possible if this applies.

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- High blood pressure.
- Liver problems.
- An ulcer in your digestive system (including your stomach).
- Diabetes.
- Gout.

Talk to your doctor or pharmacist before taking Crampex Tablets.

Taking other medicines....

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

- If you are taking Digitalis preparations (for a heart problem) talk to your doctor before taking Crampex Tablets.

Pregnancy and breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Crampex Tablets should not be used in pregnancy unless the doctor has told you to do so.

3. How to take Crampex Tablets

Attacks of cramp usually occur in bouts which last from a few days to several weeks. Often there are several weeks between each series of attacks. In such cases, it is advisable to take the tablets at night for a time and then stop use when you think the attack has passed.

Dosage

Take this medicine by mouth.

Adults and the elderly:

- One or two tablets with a drink, before going to bed.

Children

Do not give to children.

DO NOT EXCEED THE STATED DOSE.

If symptoms persist you should ask your doctor for advice.

If you take more Crampex Tablets than you should

If you accidentally take too many tablets, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

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 If you forget to take Crampex Tablets

Take the next dose at bedtime on the day you remember.

You can then carry on with the next dose at the correct time.

Do not take a double dose to make up for a forgotten tablet.

4. Possible side effects

Like all medicines, Crampex Tablets can cause side effects, although not everybody gets them.

- Reddening of the skin.
- Itchy weals and lumps on the skin (urticaria).
- Hot flushes.
- Itching.
- Dizziness.
- Headache.
- Feeling sick.
- Sickness.
- Mild stomach upsets.
- Rarely, liver problems.

If any of the side effects gets serious or you notice any side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly (see details below). By reporting side effects you can help provide more information on the safety of this medicine.

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5. How to store Crampex Tablets

- Keep it out of the sight and reach of children.
- Do not store above 25°C.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine 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 is in this medicine

The active ingredients per tablet are:

cholecalciferol 0.02mg (equivalent to 800 international units of vitamin D), calcium gluconate 200mg (equivalent to 17.84mg calcium), nicotinic acid 20mg.

The other ingredients are: magnesium stearate, povidone, sodium laurilsulfate, maize starch, talc (E553b), pre-gelatinised starch.

What the medicine looks like

Crampex Tablets are round white flat tablets with bevelled edges and are embossed 'CRAMPEX' on one side. They are supplied in blister packs of 12, 24, 36 or 48 tablets although not all packs may be marketed.

Marketing authorisation holder

Clonmel Healthcare Ltd, Waterford Road, Clonmel, Co. Tipperary E91 D768, Ireland.

Manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was last approved in April 2019

Crampex is a trade mark of Thornton and Ross Ltd.