

Q&A 145.4

What is the sodium content of medicines?

Prepared by UK Medicines Information ([UKMi](#)) pharmacists for NHS healthcare professionals
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Summary

- ◆ Some medicines contain significant amounts of sodium, including many effervescent or soluble analgesics and several brands of alginates or other indigestion medicines.
- ◆ At maximum daily doses of these preparations, the amount of sodium ingested may exceed the maximum recommended daily amount (approximately 100mmol sodium).
- ◆ Anybody who has a condition associated with sodium retention, such as hypertension, heart failure or renal impairment, or is following a salt-restricted diet should avoid regular use of effervescent or soluble analgesics, indigestion remedies or other medicines containing high levels of sodium. Suitable alternative antacid preparations are listed as low-sodium in the BNF, and the amount of sodium in non-soluble analgesics is insignificant. Orodispersible preparations do not contain significant amounts of sodium.

Background

Some medicines contain significant amounts of sodium. The sodium content may be especially high in soluble analgesics, alginates and other indigestion remedies, and in some bowel preparations and effervescent products. There is evidence for a direct association between sodium chloride (salt) intake and blood pressure (BP) [1,2]. Lowering dietary salt intake reduces BP although there is insufficient evidence to show it reduces mortality [3,4]. Switching patients with uncontrolled hypertension from effervescent preparations of paracetamol containing sodium bicarbonate and carbonate to non-effervescent preparations has also been reported to reduce BP [5,6].

In the UK, daily target average salt intakes are 6g for adults and children aged eleven and over, 5g for those aged seven to ten years, 3g for those aged four to six years and 2g for those aged one to three years [2]. Infants aged seven to twelve months should receive no more than 1g salt daily and infants of six months and under should receive less than 1g daily [2]. 6g of salt corresponds to approximately 2.4g or 100mmol of sodium [7]. The maximum daily dose of some medicines may contain more sodium than this, although mostly in salt forms other than chloride, e.g. bicarbonate. For example, most soluble paracetamol and co-codamol preparations contain more than 16mmol of sodium per tablet. Therefore, a person taking the maximum dose of eight tablets per day would exceed their recommended daily sodium allowance without accounting for their dietary intake. This may be particularly detrimental in people with conditions associated with sodium retention, such as hypertension, heart failure or renal impairment, or who are on a salt-restricted diet [6,7,8,9].

Since 2001, it is a legal requirement that excipients with a recognised action or effect are listed on the packaging of medicinal products and in the package leaflet, if this information is essential for safe and effective use of the medicine [10,11]. Subsequent guidelines issued by the European Commission state that the sodium content of oral and parenteral medicines, that contain 1mmol or more per dose, must be included on the packaging and in the package leaflet [12,13]. This requirement applies to all medicines licensed for use in the UK; medicines licensed before November 2005 had until the end of October 2010 to comply [14].

Answer

The following tables list the sodium content of a variety of indigestion preparations, effervescent or soluble analgesics, cold and flu preparations, anti-diarrhoeal preparations, cystitis preparations, laxatives, bowel cleansing solutions and other miscellaneous soluble preparations.

Indigestion and anti-secretory preparations

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content			
			Per dose unit**	Per maximum daily dose**		
Acidex liquid	Pinewood	✓	6mmol (138mg) in 10mL			
Acidex Max Strength Heartburn Relief (aniseed/peppermint) oral suspension			7.5mmol (173mg) in 10mL			
Actonorm gel	Wallace Mfg	✗	Low sodium*			
Actonorm powder			8.9mmol (204mg) in 5mL powder			
Altacite Plus suspension	Peckforton	✓	Low sodium*			
Alu-Cap capsules	Meda	✓	Low sodium*			
Asda Effervescent Health Salts	Asda	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)			
Asilone suspension	Thornton & Ross	✓	Low sodium*			
Asilone Antacid liquid/tablets		✗	Low sodium*			
Bisodol Extra Strong Mint/ Indigestion Relief tablets	Forest	✓	Low sodium*			
Boots Gripe Mixture 1 Month Plus liquid	Boots	✓	0.7mmol (15mg) in 5mL			
Boots Effervescent Health Salts			8.1mmol (186mg) in 3g powder (one level teaspoonful)			
Boots Excess Acid Relief tablets (ranitidine)			Low sodium*			
Boots Fruit Flavoured Antacid/ indigestion [®] tablets			<i>Data unavailable at present - contact supplier</i>			
Boots Headache and Upset Stomach Relief effervescent powder			12.5mmol (288mg) per sachet			
Boots Heartburn Relief (aniseed/ peppermint) oral suspension			6mmol (138mg) in 10mL			
Boots Indigestion Mixture/ Indigestion Relief (fruit/peppermint) tablets			<i>Data unavailable at present - contact supplier</i>			
Boots Max Strength Heartburn Relief (aniseed/peppermint) oral suspension			7.5mmol (173mg) in 10mL			
Boots Pepti-Calm oral suspension			2.7mmol (63mg) in 30mL			
Boots Sodium Bicarbonate BP/ Bicarbonate of Soda oral powder			59.6mmol (1,370mg) in 5mL			
Boots Wind Relief tablets			No sodium			
Bragg's Charcoal capsules/tablets			JL Bragg	✓	No sodium	
Carbellon tablets			Torbet	✗	Low sodium*	
Cream of Magnesia BP emulsion			Boots	✓	No sodium	
Eno oral powder	GSK Consumer Healthcare	✓	36.9mmol (850mg) per sachet or 5mL dose			
Entrocalm Heartburn and Indigestion Relief suspension	GalPharm	✓	6.1mmol (141mg) in 10mL			
GalPharm Heartburn Relief soothing tablets		✓	2.9mmol (66mg) per tablet			
Gastrocote tablets	Actavis	✓	1mmol per tablet			
Gastrocote liquid			2.1mmol (49mg) in 5mL			
Gaviscon Advance Aniseed/ Peppermint liquid	Forum	✓	2.3mmol (53mg) in 5mL			
Gaviscon Advance mint chewable tablets			2.3mmol (53mg) per tablet			
Gaviscon Advance (fennel) liquid	Reckitt Benckiser	✓	2.3mmol (53mg) in 5mL			
Gaviscon Advance tablets			2.3mmol (53mg) per tablet			
Gaviscon Cool liquid			6.2mmol (141mg) in 10mL			
Gaviscon Cool Mint tablets			2.7mmol (62mg) per tablet			

[#]As confirmed by absence from, or presence in, Part XVIII of the July 2012 Drug Tariff – see [limitations](#).

*Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose.

**The doses shown are for general comparison and do not imply therapeutic equivalence.

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose unit ^{**}	Per maximum daily dose ^{**}
Gaviscon Double Action (aniseed/ mint) suspension/Liquid Sachets	Reckitt Benckiser	✓	5.5mmol (127mg) in 10mL	44mmol
Gaviscon Double Action tablets			2.4mmol (55mg) per tablet	38mmol
Gaviscon Infant oral powder			0.9mmol (21mg) per dose	11mmol
Gaviscon Lemon/ Peppermint/ Strawberry Flavour tablets			2.7mmol (62mg) per tablet	42mmol
Gaviscon liquid/Liquid Sachets			6.2mmol (141mg) per 10mL	50mmol
Gaviscon Original Aniseed Relief/ Peppermint Liquid Relief suspension			6.2mmol (141mg) per 10mL	50mmol
Gaviscon 250 tablets		✗	2.7mmol (62mg) per tablet	43mmol
Kolanticon gel oral suspension	Peckforton	✓	Low sodium*	Not significant
Lloyds Pharmacy Extra Strength Soothing Heartburn Relief tablets	Lloyds Pharmacy	✓	11.4mmol (262mg) per tablet	91.2mmol
Losec MUPS 10mg/20mg/ 40mg dispersible tablets	AstraZeneca	✓	Low sodium*	Not significant
Maalox/Maalox Plus suspension	Sanofi-Aventis	✓	Low sodium*	Not significant
Maalox Plus tablets		✗	Low sodium*	Not significant
Magnesium carbonate mixture, aromatic, BP	Various	✓	6mmol (138mg) in 10mL	18mmol
Magnesium trisilicate mixture, BP	Various incl. Care/ Thornton & Ross	✓	6mmol (138mg) in 10mL	36mmol
Magnesium trisilicate powder	JM Loveridge	✓	<i>Data unavailable at present - contact supplier</i>	
Magnesium trisilicate tablets, compound, BP	Boots	✓	<i>Data unavailable at present - contact supplier</i>	
Mezzopram 10mg/20mg/40mg dispersible tablets	Sandoz	✓	No sodium	None
Morrisons Health Salts	Morrisons	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol
Motilium Instants orodispersible tablets	McNeil	✓	No sodium	None
Mucogel suspension	Chemidex	✓	Low sodium*	Not significant
Original Andrews Salts effervescent powder	GSK Consumer Healthcare	✓	13.9mmol (319mg) in 5mL	56mmol
PepcidTwo chewable tablets	McNeil	✓	Low sodium*	Not significant
Peptac suspension	IVAX	✓	6.2mmol (143mg) in 10mL	50mmol
Peptac Max Strength Heartburn Relief (aniseed/peppermint) oral suspension			7.5mmol (173mg) in 10mL	30mmol
Pepto-Bismol chewable tablets	Warner Chilcott	✓	<i>Data unavailable at present - contact supplier</i>	
Pepto-Bismol liquid suspension		✗		
Phillip's Milk of Magnesia liquid	GSK Consumer Healthcare	✓	Low sodium*	Not significant
Pinewood Max Strength Heartburn Relief liquid suspension/sachets	Pinewood	✓	7.5mmol (173mg) in 10mL	30mmol
Ranitidine 150mg effervescent tablets	Accord	✓	23mmol (533mg) per tablet	138mmol (max dose 900mg)
Ranitidine 300mg effervescent tablets			23mmol (533mg) per tablet	69mmol (max dose 900mg)
Remegel Original/Wind Relief chewable tablets	SSL	✓	No sodium	None
Rennie Deflatine/ Fruit/Ice/ Peppermint Flavour/ Spearmint Flavour/Sugar Free tablets	Bayer Healthcare	✓	Low sodium*	Not significant
Rennie Extra tablets			<i>Data unavailable at present - contact supplier</i>	
Rennie Soft Chews			Low sodium*	Not significant
Safeway Health Salts	Safeway	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol

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**The doses shown are for general comparison and do not imply therapeutic equivalence.

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose unit ^{**}	Per maximum daily dose ^{**}
Sainsbury's Health Salts	Sainsbury's	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol
Setlers Antacid peppermint tablets	Thornton & Ross	✓	Low sodium*	Not significant
Setlers Heartburn tablets			1mmol (23mg) per tablet	8mmol
Sterwin Health Salts	Boots	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol
Superdrug Effervescent Health Salts	Superdrug	x	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol
Superdrug Fruit Flavoured Indigestion Relief tablets	Superdrug	✓	<i>Data unavailable at present - contact supplier</i>	
Topal tablets	Fabre	✓	Low sodium*	Not significant
Tums Assorted Fruit Antacid tablets	GSK Consumer Healthcare	x	Low sodium*	Not significant
Unichem Health Salts	Boots	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol
Wilko Effervescent Health Salts	Wilkinson's	✓	8.1mmol (186mg) in 3g powder (one level teaspoonful)	16mmol
Wind-Eze chewable tablets	GSK Consumer Healthcare	✓	No sodium	Not significant
Wind-Eze Gel Caps			No sodium	Not significant
WindSetlers capsules	Thornton & Ross	✓	Low sodium*	Not significant
Woodwards Gripe Water	SSL	✓	1.4mmol (32mg) in 10mL	8mmol
Zoton FasTab 15mg and 30mg orodispersible tablets	Wyeth	✓	No sodium	None

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^{*}Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose.
^{**}The doses shown are for general comparison and do not imply therapeutic equivalence.

Effervescent/soluble analgesics

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose ^{**}	Per maximum daily dose ^{**}
Alka-Seltzer Original effervescent tablets	Bayer Healthcare	✓	20.7mmol (477mg) per tablet	166mmol
Alka-Seltzer XS effervescent tablets			20.5mmol (472mg) per tablet	164mmol
Anadin Extra Soluble tablets	Pfizer Consumer Healthcare	x	Low sodium*	Not significant
Anadin Liquifast 200mg effervescent tablets		✓	8.8mmol (204mg) per tablet	53mmol
Askit Powders	Bayer Healthcare	x	<i>Data unavailable at present - contact supplier</i>	
Aspro Clear effervescent tablets				
Aspro Clear Maximum Strength effervescent tablets				
Aspirin 75mg dispersible tablets	Almus/Aspar/Lloyds Pharmacy/Teva UK/Wockhardt	✓	Low sodium*	Not significant
Aspirin 300mg dispersible/soluble tablets	Almus/Aspar/Lloyds Pharmacy/Wockhardt	✓	Low sodium*	Not significant
Boots Headache and Upset Stomach Relief effervescent powder	Boots	✓	12.5mmol (288mg) per sachet	50mmol
Boots Paracetamol and Codeine Extra soluble tablets			15.7mmol (362mg) per tablet	126mmol
Brufen 600mg effervescent granules	Abbott	✓	6.5mmol (150mg) per sachet	26mmol

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^{*}Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose.
^{**}The doses shown are for general comparison and do not imply therapeutic equivalence.

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose**	Per maximum daily dose**
Calpol Six Plus Fast Melts orodispersible tablets	McNeil	✓	No sodium	None
Co-codamol 8/500 dispersible/effervescent/soluble tablets	Bayer Healthcare	✓	16.7mmol (383mg) per tablet	134mmol
	Boots/Teva UK/Zentiva		16.9mmol (388mg) per tablet	135mmol
	Fannin/Lloyds Pharmacy		19.1mmol (438mg) per tablet	153mmol
Co-codamol 30/500 dispersible/effervescent/soluble tablets	Almus/Fannin/STD Chemicals	✓	19.1mmol (438mg) per tablet	153mmol
	Teva UK/Winthrop/Zentiva		16.9mmol (388mg) per tablet	135mmol
	Zanza	✓	17.8mmol (410mg) per tablet	142mmol
Co-codaprin 8/400 dispersible tablets	Actavis	✓	Low sodium*	Not significant
Codipar effervescent tablets	Goldshield	✓	16.5mmol (380mg) per tablet	132mmol
Codis 500 dispersible tablets	Reckitt Benckiser	✓	<i>Data unavailable at present - contact supplier</i>	
Disprin dispersible tablets		✗	No sodium	
Disprin Direct orodispersible tablets			None	
Disprol 120mg soluble tablets			3.5mmol (80mg) per tablet	
Feldene Melt 20mg orodispersible tablets	Pfizer	✓	Low sodium *	Not significant
Imigran Radis 50mg and 100mg dispersible tablets	GSK	✓	<i>Data unavailable at present - contact supplier</i>	
Maxalt Melt Wafers 10mg oral lyophilisates	MSD	✓	No sodium	None
Medocodene effervescent tablets	UCB Pharma	✗	13.6mmol (313mg) per tablet	109mmol
MigraMax oral powder	Winthrop	✓	No sodium	None
Mobic 7.5mg and 15mg tablets	Boehringer Ingelheim	✓	Low sodium*	Not significant
Nurofen Express oral powder	Reckitt Benckiser	✓	1mmol (23mg) per sachet	3mmol
Nurofen Meltlets Lemon orodispersible tablets			Low sodium*	Not significant
Panadol Extra soluble tablets	GSK Consumer Healthcare	✗	18.6mmol (427mg) per tablet	149mmol
Panadol Actifast caplets		✓	7.5mmol (173mg) per caplet	60mmol
Panadol Actifast soluble tablets		✓	18.6mmol (427mg) per tablet	149mmol
Panadol Seltzer tablets		✓	16.9mmol (389mg) per tablet	135mmol
Panadol Soluble tablets		✗	18.6mmol (428mg) per tablet	149mmol
Paracetamol 500mg effervescent tablets		Accord	✓	21.9mmol (503mg) per tablet
Paracetamol 500mg soluble tablets	STD Chemicals	19mmol (438mg) per tablet		152mmol
	Zanza	13.7mmol (315mg) per tablet		110mmol
	Teva UK/ Winthrop/Zentiva	✓	16.9mmol (388mg) per tablet	135mmol
Paracetamol 500mg soluble tablets	Almus /Fannin	✗	19mmol (438mg) per tablet	152mmol
	Boots		19mmol (438mg) per tablet	152mmol
	Accord		✓	28.6mmol (657mg) per tablet
Paracetamol 1000mg effervescent tablets	STD Chemicals	✓	25.5mmol (586mg) per tablet	102mmol
	Winthrop	✓	16.9mmol (388mg) per tablet	135mmol
Paracetamol Seltzer 500mg effervescent tablets	Winthrop	✓	16.9mmol (388mg) per tablet	135mmol
Paracetamol 500mg and caffeine 65mg effervescent tablets	STD Chemicals	✗	17.8mmol (409mg) per tablet	142mmol
Paracodol soluble tablets	Bayer Healthcare	✓	16.7mmol (383mg) per tablet	134mmol
Paramax effervescent oral powder	Sanofi-Aventis	✓	<i>Data unavailable at present - contact supplier</i>	
Paramol soluble tablets	SSL	✗	15.7mmol (363mg) per tablet	126mmol
Piroxicam 10mg and 20mg dispersible tablets	Sigma	✓	<i>Data unavailable at present - contact supplier</i>	
Resolve effervescent granules	SSL	✗	12.8mmol (290mg) per sachet	51mmol
Resolve Extra effervescent granules		✓	19.8mmol (454mg) per sachet	79mmol

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*Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose.

**The doses shown are for general comparison and do not imply therapeutic equivalence.

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose**	Per maximum daily dose**
Solpadeine Headache/Plus/ Max soluble tablets	GSK Consumer Healthcare	✓	18.5mmol (427mg) per tablet	148mmol
Solpadol effervescent tablets	Sanofi-Aventis	✓	16.9mmol (388mg) per tablet	135mmol
Superdrug Paracetamol Stomach Seltzer 500mg effervescent tablets	Winthrop	✓	16.9mmol (388mg) per tablet	135mmol
Tramacet effervescent tablets	Grunenthal	✓	7.8mmol (179mg) per tablet	62mmol
Tylex effervescent tablets	UCB Pharma	✓	14.2mmol (327mg) per tablet	114mmol
Ultramol soluble tablets	Boots/Winthrop	✓	15.7mmol (362mg) per tablet	126mmol
Voltarol 50mg dispersible tablets	Novartis	✓	Low sodium*	Not significant
Zamadol Melt 50mg orodispersible tablets	Meda	✓	No sodium	None
Zolmitriptan 2.5mg/5mg orodispersible tablets	Actavis/Arrow/Zentiva	✓	Low sodium*	Not significant
Zolmitriptan 2.5mg/5mg orodispersible tablets	Generics UK		No sodium	None
Zomig Rapimelt 2.5mg and 5mg orodispersible tablets	AstraZeneca	✓	Low sodium*	Not significant
Zydol 50mg soluble tablets	Grunenthal	✓	Low sodium*	Not significant

[#]As confirmed by absence from, or presence in, Part XVIII A of the July 2012 Drug Tariff – see [limitations](#).

*Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose.

**The doses shown are for general comparison and do not imply therapeutic equivalence.

Cold and flu effervescent/soluble preparations

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content		
			Per dose unit**	Per maximum daily dose**	
Asda Flu-Max All-In-One Chesty Cough & Cold oral powder	Asda	✓	5mmol (117mg) per sachet	20mmol	
Beechams Breathe Clear Hot Honey & Lemon Menthol Flavour oral powder	GSK Consumer Healthcare	✓	5.2mmol (120mg) per sachet	31mmol	
Beechams Cold & Flu Hot Blackcurrant oral powder			7.4mmol (170mg) per sachet	44mmol	
Beechams Cold & Flu Hot Lemon/Hot Lemon and Honey oral powder			5.2mmol (120mg) per sachet	31mmol	
Beechams Flu-Plus Hot Berry Fruits/Hot Lemon powder			5.2mmol (120mg) per sachet	21mmol	
Beechams Powders			✗	Low sodium*	Not significant
Beechams Ultra All In One Hot Cranberry & Blackcurrant/Hot Lemon Menthol oral powder			✓	5mmol (117mg) per sachet	20mmol
Boots Cold & Flu Echinacea effervescent tablets	Boots	✓	17mmol (392mg) per tablet	34mmol	
Boots Cold & Flu Relief Hot Blackcurrant/Hot Lemon oral powder			6.5mmol (148mg) per sachet	26mmol	
Boots Cold & Flu Max Relief Hot Blackcurrant/Lemon oral powder			5.1mmol (118mg) per sachet	20mmol	
Boots Cold & Flu Relief with Decongestant oral powder			5.3mmol (122mg) per sachet	21mmol	
Boots Flu-Max All-In-One Chesty Cough & Cold oral powder			5mmol (117mg) per sachet	20mmol	
Boots Maximum Strength Cold & Flu Relief Direct Dose Blackcurrant/Lemon oral powder			<i>Data unavailable at present - contact supplier</i>		
EchinaCold effervescent tablets			Schwabe Pharma	✓	17mmol (392mg) per tablet

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*Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose.

**The doses shown are for general comparison and do not imply therapeutic equivalence.

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose unit ^{**}	Per maximum daily dose ^{**}
GalPharm 4-in-One Flu Relief oral powder	GalPharm	✓	5mmol (117mg) per sachet	20mmol
GalPharm Flu-Max All-In-One Chesty Cough & Cold oral powder			5mmol (117mg) per sachet	20mmol
Lemsip Cold & Flu (blackcurrant/lemon) oral powder	Reckitt Benckiser	✓	5.6mmol (129mg) per sachet	22mmol
Lemsip Cold & Flu Breathe Easy (lemon & menthol) oral powder			5.6mmol (129mg) per sachet	22mmol
Lemsip Max All in One Breathe Easy/Max All in One Lemon/ Max All in One Wild Berry & Hot Orange/Max Cold & Flu Breathe Easy/Max Sinus oral powder			5.6mmol (129mg) per sachet	22mmol
Lemsip Max Cold & Flu (blackcurrant/lemon) oral powder			5.6mmol (129mg) per sachet	22mmol
Lemsip Max Cold & Flu Direct oral powder			Low sodium*	Not significant
Lemsip Max Flu Lemon oral powder			5.6mmol (129mg) per sachet	22mmol
Lloyds Pharmacy Flu-Max All-In-One Chesty Cough & Cold oral powder			Lloyds Pharmacy	✓
Lloyds Pharmacy Hot Lemon Cold Relief oral powder	6.1mmol (140mg) per sachet	24mmol		
Morrisons Flu-Max All-In-One Chesty Cough & Cold oral powder	Morrisons	✓	5mmol (117mg) per sachet	20mmol
Night Nurse Hot Lemon Menthol oral powder	GSK Consumer Healthcare	✓	5.3mmol (122mg) per sachet	5.3mmol
Sainsbury's Flu-Max All-In-One Chesty Cough & Cold oral powder	Sainsbury's	✓	5mmol (117mg) per sachet	20mmol
Superdrug Flu-Max All-In-One Chesty Cough & Cold oral powder	Superdrug	✓	5mmol (117mg) per sachet	20mmol
Tesco Flu-Max All-In-One Chesty Cough & Cold oral powder	Tesco	✓	5mmol (117mg) per sachet	20mmol
Value Health Cold Relief lemon oral powder	Boots	✓	6.5mmol (148mg) per sachet	26mmol
Vicks Cold & Flu Care Daymed Max Strength Hot Drink (blackcurrant/lemon) oral powder	Warner Chilcott	✓	6.8mmol (157mg) per sachet	27mmol
Wilko Flu-Max All-In-One Chesty Cough & Cold oral powder	Wilkinson's	✓	5mmol (117mg) per sachet	20mmol
[#] As confirmed by absence from, or presence in, Part XVIII A of the July 2012 Drug Tariff – see limitations . [*] Low sodium denotes preparations that contain <1mmol of sodium per tablet or 10mL dose. ^{**} The doses shown are for general comparison and do not imply therapeutic equivalence.				

Anti-diarrhoeal preparations

All preparations listed in this table are currently available on NHS prescription (July 2012).

Name of preparation	Supplier	Approximate sodium content	
		Per dose unit**	Per maximum daily dose**
Asda Dual Action Diarrhoea Relief oral powder	Asda	12mmol (276mg) per sachet	192mmol
Asda Rehydration sachets and Anti-Diarrhoea capsules		12mmol (276mg) per sachet	192mmol
Boots Dual Action Diarrhoea Relief oral powder	Boots	12mmol (276mg) per sachet	192mmol
Boots Kaolin and morphine mixture, BP		6mmol (137mg) per 10mL	18mmol
Boots Pepti-Calm oral suspension		2.7mmol (63mg) in 30mL	22mmol
Boots Rehydration Treatment oral granules		12mmol (276mg) per sachet	Variable
Care Kaolin Mixture	Thornton & Ross	6mmol (137mg) in 10mL	24mmol
Care Rehydration Treatment oral granules		12mmol (276mg) per sachet	Variable
Diocalm Complete oral powder	Boots	12mmol (276mg) per sachet	192mmol
Dioralyte (blackcurrant/citrus/natural) oral powder	Sanofi-Aventis	12mmol (276mg) per sachet	Variable
Dioralyte Relief oral powder		12mmol (276mg) per sachet	Variable
Electrolade (blackcurrant/lemon & lime/orange) oral powder	Actavis	10mmol (230mg) per sachet	Variable
GalPharm Dual Action Diarrhoea Relief oral powder	GalPharm	12mmol (276mg) per sachet	192mmol
Imodium Instants/Instant Melts orodispersible tablets	McNeil	Low sodium*	Not significant
Imodium Rehydration Salts oral granules	Boots	12mmol (276mg) per sachet	Variable
Junior KAO-C Diarrhoea suspension	Torbet	Low sodium*	Not significant
Kaolin and morphine mixture, BP	Thornton & Ross	6mmol (137mg) per 10mL	18mmol
Lloyds Pharmacy Rehydration Treatment oral powder	Lloyds Pharmacy	12mmol (276mg) per sachet	Variable
Numark Diarrhoea and Dehydration Relief oral powder	Numark Pharmacies	12mmol (276mg) per sachet	192mmol
Replavite oral granules	Boots	12mmol (276mg) per sachet	Variable
Superdrug Blackcurrant Flavour Rehydration Treatment oral granules	Superdrug	12mmol (276mg) per sachet	Variable
Superdrug Dual Action Diarrhoea Relief oral powder		12mmol (276mg) per sachet	192mmol
Tesco Dual Action Diarrhoea Relief oral powder	Tesco	12mmol (276mg) per sachet	192mmol
WHO formulation Oral Rehydration Salts oral powder	Various	75mmol (1.7g) in 1L	Variable

*Low sodium denotes preparations that contain <1mmol of sodium per adult dose unit.
**The doses shown are for general comparison and do not imply therapeutic equivalence.

Cystitis preparations

All preparations listed in this table are currently available on NHS prescription (July 2012).

Name of preparation	Supplier	Approximate sodium content	
		Per dose unit**	Per maximum daily dose**
Boots Cystitis Relief cranberry oral granules	Boots	40.8mmol (939mg) per sachet	122mmol
Boots Cystitis Relief effervescent tablets		<i>Data unavailable at present - contact supplier</i>	
Canesten Oasis for Cystitis oral granules	Bayer Healthcare	40.8mmol (939mg) per sachet	122mmol
Care Cystitis Relief oral granules	Thornton & Ross	40.8mmol (939mg) per sachet	122mmol
Cymalon oral granules	Actavis	45.5mmol (1,047mg) per sachet	137mmol
Cystocalm oral powder	GalPharm	40.8mmol (939mg) per sachet	122mmol
Cystofem oral granules	Boots	<i>Data unavailable at present - contact supplier</i>	
Cystopurin oral granules	Bayer Healthcare	Low sodium*	Not significant
Cysto S oral granules	Boots	<i>Data unavailable at present - contact supplier</i>	
Effercitrate effervescent tablets	Typharm	Low sodium*	Not significant
Lloyds Pharmacy Cystitis Relief oral granules	Lloyds Pharmacy	40.8mmol (939mg) per sachet	122mmol
Paramed Cystitis Relief oral granules	Boots	<i>Data unavailable at present - contact supplier</i>	
Teva Cystitis Relief oral granules	Boots	<i>Data unavailable at present - contact supplier</i>	

*Low sodium denotes preparations that contain <1mmol of sodium per adult dose unit.
**The doses shown are for general comparison and do not imply therapeutic equivalence.

Laxatives and bowel cleansing solutions

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose unit**	Per maximum daily dose**
Bulking agents				
Fybogel (plain/lemon/orange) granules	Reckitt Benckiser	✓	Low sodium*	Not significant
Fybogel Hi-Fibre (lemon/orange) granules			<i>Data unavailable at present - contact supplier</i>	
Fybogel Mebeverine granules	Forum		<i>Data unavailable at present - contact supplier</i>	
Fibrelied (natural/orange) granules	Manx	✓	<i>Data unavailable at present - contact supplier</i>	
Isogel granules	Potters	✓	Low sodium*	Not significant
Ispagel Orange granules	Boston Healthcare	✓	2.4mmol (55mg) per sachet	7mmol
Normacol/Normacol Plus granules	Norgine	✓	1.3 to 2.5mmol (29 to 57mg) per sachet	5 to 10mmol
Stimulant laxatives				
Co-danthrusate capsules	Sigma	✓	<i>Data unavailable at present - contact supplier</i>	
Diocetyl capsules	UCB Pharma	✓	Low sodium*	Not significant
Docusol adult oral solution	Typharm	✓	1.1mmol (24mg) in 10mL	5mmol
Docusol paediatric oral solution			Low sodium*	Not significant
DulcoEase capsules	Boehringer Ingelheim	✓	Low sodium*	Not significant
Dulcolax Pico liquid/perles			Low sodium*	Not significant
Manevac granules	HFA Healthcare	✓	<i>Data unavailable at present - contact supplier</i>	
Norgalax Micro-enema	Norgine	✓	1.1mmol (24mg) in 10g enema	1.1mmol
Normax capsules	Galen	×	Low sodium*	Not significant
Normax suspension	Recipharm	✓	1.2mmol (27mg) in 10mL	1.8mmol
Osmotic laxatives				
Compound Macrogol Oral Powder Sugar Free	Galen	✓	8.1mmol (187mg) per sachet (in 125mL water)	65mmol
Dulcobalance oral powder	Boehringer Ingelheim	✓	Low sodium*	Not significant
Laxido Orange (original/sugar-free) oral powder	Galen	✓	8.1mmol (187mg) per 125mL dose	65mmol
Micolette Micro-enema	Pinewood/Wockhardt	✓	<i>Data unavailable at present - contact supplier</i>	
Micralax Micro-enema	Recipharm	✓	4.8mmol (110mg) per enema	4.8mmol
Mil-Par oral suspension	Merck Consumer Health	×	Low sodium*	Not significant
Molaxole oral powder	Meda	✓	8.1mmol (187mg) per 125mL dose	65mmol
Movicol (orange) oral concentrate	Norgine	✓	8.1mmol (187mg) per 25mL dose (in 125mL water)	24mmol
Movicol (chocolate/lime & lemon/plain) oral powder			8.1mmol (187mg) per sachet (in 125mL water)	65mmol
Movicol-Half oral powder			4.1mmol (94mg) per sachet (in 62.5mL water)	65mmol
Movicol Paediatric Plain oral powder			4.1mmol (94mg) per sachet (in 62.5mL water)	49mmol
Phosphates Enema BP Formula B (standard/long tube)	Essential Generics	✓	139mmol (3.2g) per enema	139mmol
Relaxit Micro-enema	Crawford	✓	4.8mmol (112mg) per enema	4.8mmol
RTU Fleet Ready-to-use enema	Casen-Fleet	✓	191mmol (4.4g) per enema	191mmol
RTU Saline Solution enema			10mmol (230mg) per 66mL and 38mmol (880mg) per 250mL	20-76mmol
Bowel cleansing solutions				
Citrafleet oral powder	Casen-Fleet	✓	Low sodium*	Not significant
Citramag oral powder	Sanochemia	✓	Low sodium*	Not significant
Diacol tablets	Mayoly Spindler	✓	<i>Data unavailable at present - contact supplier</i>	
[#] As confirmed by absence from, or presence in, Part XVIII of the July 2012 Drug Tariff – see limitations . [*] Low sodium denotes preparations that contain <1mmol of sodium per adult dose unit. ^{**} The doses shown are for general comparison and do not imply therapeutic equivalence.				

Name of preparation	Supplier	Available [#] on NHS prescription	Approximate sodium content	
			Per dose unit ^{**}	Per maximum daily dose ^{**}
Fleet Phospho-soda oral solution	Casen-Fleet	✓	217mmol (5g) per 45mL dose	434mmol
Klean-Prep oral powder	Norgine	✓	125mmol (2.9g) per sachet (in 1L water)	500mmol
Moviprep (lemon/orange) oral powder			182mmol (4.2g) [56mmol absorbable] per sachets A and B (in 1L water)	364mmol [112mmol absorbable]
OsmoPrep tablets	TMC	✓	13.6mmol (313mg) per tablet	435mmol
Picolax oral powder	Ferring	✓	Low sodium*	Not significant

[#]As confirmed by absence from, or presence in, Part XVIII A of the July 2012 Drug Tariff – see [limitations](#).
^{*}Low sodium denotes preparations that contain <1mmol of sodium per adult dose unit.
^{**}The doses shown are for general comparison and do not imply therapeutic equivalence.

Miscellaneous effervescent/soluble preparations

All preparations listed in this table are currently available on NHS prescription (July 2012).

Name of preparation	Supplier	Approximate sodium content	
		Per dose unit ^{**}	Per maximum daily dose ^{**}
Abilify 10mg/15mg orodispersible tablets	Bristol-Myers Squibb	Low sodium*	Not significant
Aciclovir 200mg/400mg/800mg tablets	Actavis	Low sodium*	Not significant
Actonel Combi (calcium and vitamin D component) effervescent granules	Warner Chilcott	1.7mmol (40mg) per sachet	1.7mmol
Adcal-D ₃ Dissolve effervescent tablets	ProStrakan	2.3mmol (52mg) per tablet	4.6mmol
Aricept Evers 5mg/10mg orodispersible tablets	Eisai	No sodium	None
Betnesol soluble tablets	Recipharm	Low sodium*	Not significant
Boots Hayfever Relief Instant-Melts 10mg orodispersible tablets	Boots	<i>Data unavailable at present - contact supplier</i>	
Cacit D3 effervescent granules	Warner Chilcott	Low sodium*	Not significant
Cacit (500mg calcium) effervescent tablets		Low sodium*	Not significant
Calcium gluconate 1g effervescent tablets	Actavis	Low sodium*	Variable
Calfovit D3 oral powder	Menarini	Low sodium*	Not significant
Carbaglu dispersible tablets	Orphan Europe	Low sodium*	Not significant
Colestyramine oral powder	Teva UK	No sodium	None
Didronel PMO (Cacit component) effervescent tablets	Warner Chilcott	Low sodium*	Not significant
Didronel PMO (Didronel component) effervescent tablets		3.2mmol (74mg) per tablet	3.2mmol
Donepezil 5mg/10mg orodispersible tablets	Eisai/Sandoz	No sodium	None
Donepezil 5mg/10mg orodispersible tablets	Actavis/Generics UK	Low sodium*	Not significant
Dukoral suspension and effervescent granules	Janssen-Cilag	48mmol (1.1g) sodium per dose	48mmol
Endekay Fluotabs 1.1mg and 2.2mg tablets	Manx	<i>Data unavailable at present - contact supplier</i>	
Endekay Fluodrops 550microgram/0.15mL oral drops			
Entocort enemas	AstraZeneca	15.4mmol (354mg) per enema	15mmol
Exjade 125mg/250mg/500mg dispersible tablets	Novartis	Low sodium*	Not significant
Fluor-a-day tablets	Dental Health	Low sodium*	Not significant
Kuvan 100mg soluble tablets	Merck Serono	Low sodium*	Not significant
Lamictal 2mg/5mg/25mg/100mg dispersible tablets	GSK	<i>Data unavailable at present - contact supplier</i>	
Lamotrigine 5mg/25mg/100mg dispersible/chewable tablets	Actavis/Arrow	Low sodium*	Not significant
Levitra 10mg orodispersible tablets	Bayer Healthcare	No sodium	None

^{*}Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose.
^{**}The doses shown are for general comparison and do not imply therapeutic equivalence.

Name of preparation	Supplier	Approximate sodium content	
		Per dose unit**	Per maximum daily dose**
Madopar 62.5mg/125mg dispersible tablets	Roche	No sodium	None
Mirtazapine 15mg/30mg/45mg orodispersible tablets	Arrow/Generics UK/ Sandoz/Teva UK	No sodium	None
Olanzapine 5mg/10mg/15mg/20mg orodispersible tablets	Actavis/Generics UK/ Sandoz	No sodium	None
Olanzapine 5mg/10mg/15mg/20mg orodispersible tablets	Teva UK/ Zentiva	Low sodium*	Not significant
Phosphate-Sandoz effervescent tablets	HK Pharma	20.4mmol (469mg) per tablet	122mmol
Potassium effervescent tablets	Actavis	Low sodium	None
Prednisolone soluble tablets	Sovereign Medical	1.5mmols (33.8mg) sodium per tablet	Variable
Questran/Questran Light oral powder	Bristol-Myers Squibb	No sodium	None
Resonium A oral powder	Sanofi-Aventis	61.5mmol (1,415mg) per 15g dose	246mmol
Risperdal Quicklet 0.5mg/1mg/2mg/3mg/4mg orodispersible tablets	Janssen-Cilag	Low sodium*	Not significant
Risperidone 0.5mg/1mg/2mg/3mg/4mg orodispersible tablets	Generics UK	No sodium	None
Risperidone 2mg orodispersible tablet	Sandoz	No sodium	None
Sabril 500mg granules	Sanofi-Aventis	No sodium	None
Sandocal+D 600 effervescent tablets	Novartis Consumer Health	3.6mmol (82mg) per tablet	7mmol
Sandocal-1000 effervescent tablets		6mmol (137mg) per tablet	6mmol
Sandocal+D 1200 effervescent tablets		7.1mmol (164mg) per tablet	7mmol
Sando-K effervescent tablets	HK Pharma	<i>Data unavailable at present - contact supplier</i>	
Slow Sodium 600mg MR tablets		10mmol (230mg) per tablet	200mmol
Sodium bicarbonate 500mg capsules	Various incl. Teva UK	6mmol (138mg) per capsule	Variable
Sodium bicarbonate 600mg tablets	Various	7.2mmol (166mg) per tablet	Variable
Solvazinc effervescent tablets	Galen	4.6mmol (106mg) per tablet	14mmol
Steovess 70mg effervescent tablet	Nycomed	26.2mmol (603mg) per tablet	26mmol (once weekly dose)
Vibramycin-D 100mg dispersible tablets	Pfizer	No sodium	None
Videx 25mg dispersible tablets	Bristol-Myers Squibb	No sodium	None
Zalasta 5mg/10mg/15mg/20mg orodispersible tablets	Consilient Health	No sodium	None
Zispin SolTab 15mg/30mg/45mg orodispersible tablets	MSD	Low sodium*	Not significant
Zofran Melt 4mg/8mg orodispersible tablets	GSK	<i>Data unavailable at present - contact supplier</i>	
Zovirax 200mg/400mg/800mg tablets			
Zyprexa Velotab 2.5mg/5mg/7.5mg/10mg/15mg/20mg orodispersible tablets	Eli Lilly	Low sodium*	Not significant

*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose.
**The doses shown are for general comparison and do not imply therapeutic equivalence.

Limitations

This list is not exhaustive. 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.

Products are listed as prescribable on the NHS unless their names are exactly as stated in Part XVIII of the Drug Tariff ('the blacklist'). However the status of products with similar names to those in 'the blacklist' is not entirely clear and prescribers should be aware that their primary care trust may question the appropriateness of prescribing these products. For example, Rennie tablets are 'blacklisted' but Rennie Fruit tablets appear not to be 'blacklisted'.

Disclaimer

- ◆ Medicines Q&As are intended for healthcare professionals and reflect UK practice.
- ◆ Each Q&A relates only to the clinical scenario described.
- ◆ Q&As are believed to accurately reflect the medical literature at the time of writing.
- ◆ See [NeLM](#) for full disclaimer.

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Search strategy

- ◆ Embase 1974 to date – (SODIUM RESTRICTION/ OR SODIUM INTAKE/ OR SALT INTAKE/ OR HIGH SODIUM INTAKE/) AND (exp DISPERSIBLE TABLET/ OR exp EFFERVESCENT TABLET/ OR exp DRUG/ OR exp ANALGESIC AGENT/ OR exp ANTACID AGENT/ OR exp EXCIPIENT/) for information added since 2010/01/01.
- ◆ Embase 1974 to date - EXCIPIENT/ AND (BLOOD PRESSURE/ OR exp HYPERTENSION/).
- ◆ Medline 1950 to date – (exp DIET, SODIUM-RESTRICTED/ OR exp SODIUM, DIETARY/) AND (exp EXCIPIENTS/ or exp PHARMACEUTICAL PREPARATIONS/ or exp ANALGESICS/ OR exp ANTACIDS/ OR effervescent.af OR soluble.af OR dispersible.af) for information added since 2010/01/01.
- ◆ Medline 1950 to date - EXCIPIENTS/ AND (BLOOD PRESSURE/ OR exp HYPERTENSION/).
- ◆ The Cochrane Library – salt
- ◆ www.nelm.nhs.uk – sodium
- ◆ www.fda.gov – sodium and medicines
- ◆ www.ema.europa.eu – sodium labelling medicines/sodium content maximum/excipients
- ◆ www.mhra.gov.uk – sodium in Home/Safety information/Safety warnings, alerts and recalls/Safety warnings and messages for medicines
- ◆ www.dh.gov.uk – sodium or salt
- ◆ www.sacn.gov.uk – salt
- ◆ www.nhs.uk/Livewell/Goodfood/Pages/salt.aspx
- ◆ www.food.gov.uk
- ◆ www.bfff.co.uk
- ◆ www.prodigy.clarity.co.uk