

What is the sodium content of medicines?

Prescribing tip for information only



Some medicines contain significant amounts of sodium, including many effervescent or soluble analgesics and several brands of alginates and 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 for adults).**

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. *NB: The amount of sodium in non-soluble analgesics is insignificant and orodispersible preparations do not contain significant amounts of sodium.*

17mmol is approximately 20% of the World Health Organisation adult recommended maximum daily dietary intake of 2g sodium and is considered to represent 'high' sodium. Such preparations are labelled with appropriate warnings for patients.

Some commonly used examples include

| Name of preparation and form | Company or companies | Approximate sodium content | |
|--|------------------------------|------------------------------|------------------------|
| | | Per dose unit | Per maximum daily dose |
| Gaviscon Peppermint or Strawberry Flavour tablets | | 2.7mmol (62mg) per tablet | 42mmol |
| Gaviscon Peppermint Liquid Relief suspension | | 6.2mmol (141mg) per 10 ml | 50mmol |
| Co-codamol 8/500 dispersible, effervescent or soluble tablets | Boots (Zentiva), Zentiva | 16.9 mmol(388mg) per tablet | 135mmol |
| | Accord | 18.7mmol(430mg) per tablet | 150 mmol |
| | Fannin, Kent (Fannin) | 19 mmol(438mg) per tablet | 152 mmol |
| Co-codamol 30/500 dispersible, effervescent or soluble tablets | Zentiva | 16.9 mmol (388mg) per tablet | 135 mmol |
| | Manx, Medley | 17.8 mmol (410mg) per tablet | 143mmol |
| | Mercury | 18mmol (413mg) per tablet | 144 mmol |
| | Cipla, Fannin, Kent (Fannin) | 19mmol (438mg) per tablet | 152 mmol |
| Laxido Orange powder | Galen | 8.1 mmol (187mg) per sachet | 65mmol |
| Laxido Paediatric plain 6.9g powder | | 4.1 mmol (93mg) per sachet | 49 mmol |

The full table of drugs and more information can be found [here](#)

To contact the Medicines Optimisation Team please phone 01772 214302