



## Zegerid OTC

<b>Drug Facts</b>	
<b>Active ingredients (in each capsule)</b>	<b>Purpose</b>
Omeprazole 20 mg.....	Acid reducer
Sodium Bicarbonate 1100 mg.....	Allows absorption of this omeprazole product
<b>Use</b>	
<ul style="list-style-type: none"> <li>• treats frequent heartburn (occurs <b>2 or more</b> days a week)</li> <li>• not intended for immediate relief of heartburn. This drug may take 1 to 4 days for full effect.</li> </ul>	
<b>Warnings</b>	
<b>Allergy alert:</b> Do not use if you are allergic to omeprazole	
<b>Do not use</b> if you have:	
<ul style="list-style-type: none"> <li>• trouble or pain swallowing food</li> <li>• vomiting with blood</li> <li>• bloody or black stools</li> </ul> <p>These may be signs of a serious condition. See your doctor.</p>	
<b>Ask a doctor before use if you have</b>	
<ul style="list-style-type: none"> <li>• had heartburn over 3 months. This may be a sign of a more serious condition.</li> <li>• heartburn with <b>lightheadedness, sweating or dizziness</b></li> <li>• chest pain or shoulder pain with shortness of breath; sweating; pain spreading to arms, neck or shoulders; or lightheadedness</li> <li>• frequent <b>chest pain</b></li> <li>• frequent wheezing, particularly with heartburn</li> <li>• unexplained weight loss</li> <li>• nausea or vomiting</li> <li>• stomach pain</li> <li>• a sodium-restricted diet</li> </ul>	
<b>Ask a doctor or pharmacist before use if you are taking</b>	
<ul style="list-style-type: none"> <li>• warfarin, clopidogrel or cilostazol (blood-thinning medicines)</li> <li>• prescription antifungal or anti-yeast medicines</li> <li>• diazepam (anxiety medicine)</li> <li>• digoxin (heart medicine)</li> <li>• tacrolimus or mycophenolate mofetil (immune system medicines)</li> <li>• prescription antiretrovirals (medicines for HIV infection)</li> <li>• methotrexate (arthritis medicine)</li> <li>• any other prescription drugs. Sodium bicarbonate may interact with certain prescription drugs.</li> </ul>	
<b>Stop use and ask a doctor if</b>	
<ul style="list-style-type: none"> <li>• your heartburn continues or worsens</li> <li>• you need to take this product for more than 14 days</li> <li>• you need to take more than 1 course of treatment every 4 months</li> <li>• you get diarrhea</li> </ul>	
<b>If pregnant or breast-feeding,</b> ask a health professional before use.	
<b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.	



## Zegerid OTC

### **Directions**

- for adults 18 years of age and older
- this product is to be used once a day (every 24 hours), every day for 14 days
- it may take 1 to 4 days for full effect, although some people get complete relief of symptoms within 24 hours

### **14-Day Course of Treatment**

- swallow 1 capsule with a glass of water at least 1 hour before eating in the morning
- take every day for 14 days
- do not take more than 1 capsule a day
- do not chew or crush the capsule
- do not open capsule and sprinkle on food
- do not use for more than 14 days unless directed by your doctor

### **Repeated 14-Day Courses (if needed)**

- you may repeat a 14-day course every 4 months
- **do not take for more than 14 days or more often than every 4 months unless directed by a doctor**
- children under 18 years of age: ask a doctor.  
Heartburn in children may sometimes be caused by a serious condition.

### **Other information**

- each tablet contains: **sodium 303 mg**
- read the directions, warnings and accompanying label information before use
- store at 20°-25°C (68°-77°F)
- tamper-evident: do not use if the blue band around the capsule is missing or broken. Do not use if foil inner seal imprinted with "Sealed for your protection" is missing, open or broken.
- keep product out of high heat and humidity
- protect product from moisture

### **Inactive ingredients**

croscarmellose sodium, FD&C blue No. 1, gelatin, magnesium stearate, pharmaceutical ink, polysorbate 80, titanium dioxide

### **Questions or comments?**

Call **1-888-4-ZEG-OTC (1-888-493-4682)** between 9:00 AM and 5:00 PM Eastern Standard Time, Monday through Friday or visit [www.ZegeridOTC.com](http://www.ZegeridOTC.com)

## Zegerid OTC

### How Zegerid OTC Works for Your Frequent Heartburn

Zegerid OTC works differently from other OTC Heartburn products, such as antacids and other acid reducers. Zegerid OTC stops acid production at the source – the **acid pump** that produces stomach acid. Zegerid OTC is to be used once a day (every 24 hours), every day for 14 days.

### Tips for Managing Heartburn

- Do not lie flat or bend over soon after eating.
- Do not eat late at night or just before bedtime.
- Certain foods or drinks are more likely to cause heartburn, such as rich, spicy, fatty and fried foods, chocolate, caffeine, alcohol and even some fruits and vegetables.
- Eat slowly and do not eat big meals.
- If you are overweight, lose weight.
- If you smoke, quit smoking.
- Raise the head of your bed.
- Wear loose-fitting clothing around your stomach.

### What to Expect Using Zegerid OTC

Zegerid OTC is a different type of medicine from antacids and other acid reducers. Zegerid OTC may take 1 to 4 days for full effect, although some people get complete relief of symptoms within 24 hours. Make sure you take the entire 14 days of dosing to treat your frequent heartburn.

### How is Zegerid OTC Sold

Zegerid OTC is available in 14 and 42 count sizes. These sizes contain one and three 14-day courses of treatment, respectively. Do not use for more than 14 days in a row unless directed by your doctor. For the 42 count (three 14-day courses), you may repeat a 14-day course every 4 months.