

Zantac[®]

Acts fast. And lasts.



Heartburn

A burning pain or discomfort in the upper abdomen rising upwards towards the neck or the throat.

Indigestion

A feeling of pain or discomfort in the upper abdomen and is more often associated with symptoms occurring in the stomach.

Symptoms

Symptoms of heartburn and indigestion may occur if your stomach produces too much acid in the digestion process, or if your stomach becomes sensitive to the acid produced.

Common symptoms of indigestion

- Pain or discomfort in the upper abdomen
- Feeling bloated
- Wind and belching
- Feeling full soon after eating
- Feeling full even if you haven't eaten much
- Nausea and possibly vomiting

Common symptoms of heartburn

- A burning feeling in the chest rising upwards towards the throat
- A sour or bitter taste in the mouth
- Acid reflux
- Bad breath
- A dry cough

Common Causes

The causes of heartburn and indigestion are most often linked to lifestyle factors.

- Spicy and rich foods
- Fried or fatty foods
- Sweet foods
- Over-eating
- Eating too quickly
- Coffee
- Alcohol
- Smoking
- Being overweight

Other causes of heartburn and indigestion may be linked to medical conditions. If you are concerned about the cause of your heartburn, see your doctor for advice.

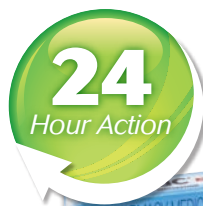
Zantac[®] provides long lasting relief from indigestion and heartburn.

One tiny tablet...provides big relief.

Taken any time, day or night, Zantac® works quickly, in as little as 30 minutes², to reduce stomach acid production.



- Controls excess acid for 12 hours
- Take up to twice daily to relieve symptoms*
- Zantac® taken in the evening will relieve overnight symptoms



- Controls excess acid for 24 hours
- Take daily for ongoing relief*
- Zantac® Extra taken any time of day will relieve overnight symptoms

**Do not take for more than 14 days continuously without medical advice.*

To find out more about heartburn, indigestion and Zantac® scan this QR code to visit our website.

See your doctor if Zantac® doesn't relieve your symptoms, or if you have been using Zantac for more than 14 days consecutively. Zantac® is available from your pharmacy.



Heartburn and indigestion are common, affecting up to 45% of the population¹.

References 1. Hague et al. Prevalence, severity and associated features of gastro-oesophageal reflux and dyspepsia: a population based study. NZ Med J 2000; 113:178-81. 2. Pappa KA, Gooch WM, et al "Low Dose Ranitidine for relief of heartburn". Ailment Pharmacol Ther. 1999 Apr; 13(4) 459-65.

Zantac® contains ranitidine 150mg, Zantac® Extra contains ranitidine 300mg. Medicines have benefits and some may have risks. Always read the label and use only as directed. If symptoms persist, see your healthcare professional. Distributed by Aspen Pharmacare c/- Healthcare Logistics, Auckland. TAPS PP4466.

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