

MMT MIXTURE

Magnesium Carbonate Light/Magnesium Trisilicate/Sodium Bicarbonate
(228.5mg/228.5mg/228.5mg per 5ml)

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What MMT Mixture is used for

MMT Mixture is used for the relief of stomach pain and discomfort due to hyperacidity.

How MMT Mixture works

This medicine contains antacids to reduce excess stomach acid.

Before you use MMT Mixture

- When you must not use it

Do not take MMT Mixture if:

- you are having severe kidney failure or low blood phosphate level.
- you are allergic to the ingredients of this medicine.
- you have heart failure, high blood pressure, liver scarring.
- you have respiratory problems, low blood calcium level or low stomach acid level.

- Before you start to use it

- Inform your doctor or pharmacist before taking this medicine, including any that you get without a prescription from your pharmacy, supermarket or health food shop.
- Inform your doctor if you are having following medical conditions:
 - fluid retention
 - kidney impairment
 - seizure during pregnancy with high blood pressure
 - overproduction of the hormone aldosterone

- Talk to your doctor before taking this medicine if you are pregnant, might become pregnant or are breastfeeding.

- Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Antacids may interact with a number of other medicines, thereby reducing their effectiveness. In order to minimize the risk of interactions, this product should not be taken within two to four hours of other medications including:

- tetracycline, azithromycin, rifampicin (antibiotics)
- salicylates e.g. aspirin (pain killer)
- lansoprazole (gastric medication)
- digoxin (heart failure medication)
- gabapentin, phenytoin (epilepsy medication)
- rosuvastatin (treatment of high cholesterol)
- atazanavir (antivirus)
- polystyrene sulphonate resins (use for high blood potassium level)
- ketoconazole, itraconazole (used for fungal skin infections)
- corticosteroid (anti-inflammatory medications)

How to use MMT Mixture

- How much to use

Adult: 5ml – 20ml

- When to use it

To be used 3 to 4 times a day, after meals and at bedtime or as directed by the physician.

- How long to use it

Take MMT Mixture for the duration as your doctor recommends. This medicine is usually used for short period of time.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Taking too much MMT Mixture may cause:

- rise in blood sodium concentration.
- high blood magnesium level (e.g. nausea, vomiting, flushing of the skin, thirst, drowsiness, low blood pressure, confusion, reduced reflex, reduced or irregular heartbeat, respiratory depression, coma, heart attack).
- low potassium level (e.g. mood changes, tiredness, shortness of breath, muscle weakness and irregular heartbeat).

While you are using it

- Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking MMT Mixture
- Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

- Do not take more than the recommended dose unless your pharmacist or doctor tells you.
- Do not take any new medicines without consulting your doctor or pharmacist.

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- Do not give MMT Mixture to anyone else, even if they have the same symptoms or condition as you.

- Ingredients

- Active ingredient(s)

Magnesium carbonate light, magnesium trisilicate, sodium bicarbonate

- Inactive ingredients

Propyl paraben, methyl paraben, propylene glycol, peppermint oil, tween 80, purified water

- Things to be careful of

Be careful driving or operating machinery until you know how MMT Mixture affects you.

Side effects

Like all medicines, MMT Mixture can cause side effects, although not everybody gets them.

If side effects persist, do not take the medicine and refer to the doctor.

Tell your doctor if you notice any of the following side effects or notice any other effects not listed:

- diarrhoea
- stomach cramps and flatulence (wind)
- throat, tongue and face swelling

- MAL number:

MAL19940180XC

Manufacturer and Product Registration Holder

Terapeutics Sdn. Bhd. (590500-W)
Lot 10 & 11, PERDA Industrial Park,
Lorong IKS Simpang Ampat B,
14100 Simpang Ampat, S.P.S.,
Pulau Pinang, Malaysia

Date of revision

05/07/2021

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You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website nptra.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of MMT Mixture

- Storage

Keep all medicines out of the reach of children.

Store below 30°C in a dry place protected from direct light.

- Disposal

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

Product Description

- What it looks like

White to off white coloured mixture which separates on standing with peppermint odour and salty taste.