It is important to tell your doctor before taking tablets. Talk to your doctor first and follow the advice you take Alendronic Acid.

• You should take Alendronic Acid only to pain but also to considerable problems like:
  - the hip, spine, or wrist and can lead to:
  - the spine may go unnoticed until they cause height loss.
  - Early on, osteoporosis usually has no symptoms. If left untreated, they have been through the menopause, and helps to treat your osteoporosis. Alendronic acid reduces the risk of hip fractures.

What is osteoporosis?
Osteoporosis is a thinning and weakening of the bones, so there is an increased risk of breaking bones. The bones of the elderly are more likely to break. However, it is possible to prevent or reduce the risk of osteoporosis, especially when you are young. It is important that you continue taking Alendronic Acid.

Other medicines and Alendronic acid Tablets
Alendronic acid Tablets should not be given to children or adolescents.

Driving and using machines
It is likely that bone supplements, vitamins, and some antacids, do not interact with Alendronic Acid Tablets if taken at the same time.

Pregnancy, breast-feeding and fertility
It is not known whether Alendronic Acid Tablets pass into breast milk.

How to take Alendronic Acid Tablets
Take your doctor's advice before taking this medicine.

3. How to take Alendronic Acid Tablets

Take one Alendronic Acid Tablet a week. This method allows you to take Alendronic Acid Tablets at any time of the day. Therefore, it is important that you take the Alendronic Acid Tablet in section 3. How to take Alendronic Acid Tablets.

To take one Alendronic Acid Tablet a week

1) Choose the day of the week that best fits your lifestyle. Take your Alendronic Acid Tablet on the chosen day, at least 30 minutes before taking your first food, drink, or any other medicine.

2. What you need to know before you take Alendronic Acid Tablets

2) Do not take Alendronic Acid Tablets if:

- you are allergic to alendronic acid or any of the other ingredients of this medicine listed (section 6)
- you have any kidney problems
- you have been previously treated with Alendronic Acid Tablets
- you have had a drug reaction to a similar medicine

You may need urgent medical attention:

- you become very unwell
- you become very faint
- you develop a high temperature
- you develop a rash
- you develop black stools or tarry black vomit
- you develop any of the following:
  - shortness of breath
  - swelling of the legs
  - feeling hot
  - sweating

3) Do not take Alendronic Acid Tablets if:

- you need to take any other medicine
- you have any kidney problems
- you have been previously treated with Alendronic Acid Tablets
- you have ever had a drug reaction to a similar medicine

You may need urgent medical attention:

- you become very unwell
- you become very faint
- you develop a high temperature
- you develop a rash
- you develop black stools or tarry black vomit
- you develop any of the following:
  - shortness of breath
  - swelling of the legs
  - feeling hot
  - sweating

Preparatory Steps

1. Read all of this leaflet carefully before you start taking Alendronic Acid Tablets. This includes any possible side effects and use of the internet.

4. How to store Alendronic Acid Tablets

Alendronic Acid Tablets should be kept in a cool dry place.

5. How to dispose of Alendronic Acid Tablets

Alendronic Acid Tablets are a medicine. Ask your pharmacist how to throw away any unused medicine.

6. What is in this leaflet

This leaflet has been written for you by your doctor or pharmacist.

7. What are the active substances in this medicine?

Alendronic Acid Tablets contain the following active ingredients:

- Alendronic acid
- Magnesium carbonate
- Disodium hydrogen phosphate

If you have any queries about your medicine, ask your doctor or pharmacist.

8. How to recognise Alendronic Acid Tablets

The tablets are round and brown. Each tablet contains:

- 70 mg of alendronic acid (as alendronic acid)
- 50 mg of magnesium carbonate
- 7 mg of disodium hydrogen phosphate

You should take Alendronic Acid Tablets on an empty stomach.

5) To help the tablet go down, sit upright (sitting, standing) after swallowing:

- Avoid standing or lying down for at least 30 minutes
- Avoid eating or drinking anything for at least 30 minutes
- Avoid lying down for at least 30 minutes
- Avoid lying down for at least 4 hours

The following are the active ingredients of this medicine:

- Alendronic acid
- Magnesium carbonate
- Disodium hydrogen phosphate

Additional information

1. Read all of this leaflet carefully before you start taking Alendronic Acid Tablets. This includes any possible side effects and use of the internet.

2. What are the active substances in this medicine?

Alendronic Acid Tablets contain the following active ingredients:

- Alendronic acid
- Magnesium carbonate
- Disodium hydrogen phosphate

You should take Alendronic Acid Tablets on an empty stomach.

3. How to take Alendronic Acid Tablets

Take one Alendronic Acid Tablet a week. This method allows you to take Alendronic Acid Tablets at any time of the day. Therefore, it is important that you take the Alendronic Acid Tablet in section 3. How to take Alendronic Acid Tablets.

To take one Alendronic Acid Tablet a week

1) Choose the day of the week that best fits your lifestyle. Take your Alendronic Acid Tablet on the chosen day, at least 30 minutes before taking your first food, drink, or any other medicine.

2) Do not take Alendronic Acid Tablets if:

- you are allergic to alendronic acid or any of the other ingredients of this medicine listed (section 6)
- you have any kidney problems
- you have been previously treated with Alendronic Acid Tablets
- you have ever had a drug reaction to a similar medicine

You may need urgent medical attention:

- you become very unwell
- you become very faint
- you develop a high temperature
- you develop a rash
- you develop black stools or tarry black vomit
- you develop any of the following:
  - shortness of breath
  - swelling of the legs
  - feeling hot
  - sweating

Preparatory Steps

1. Read all of this leaflet carefully before you start taking Alendronic Acid Tablets. This includes any possible side effects and use of the internet.

4. How to store Alendronic Acid Tablets

Alendronic Acid Tablets should be kept in a cool dry place.

5. How to dispose of Alendronic Acid Tablets

Alendronic Acid Tablets are a medicine. Ask your pharmacist how to throw away any unused medicine.

6. What is in this leaflet

This leaflet has been written for you by your doctor or pharmacist.

7. What are the active substances in this medicine?

Alendronic Acid Tablets contain the following active ingredients:

- Alendronic acid
- Magnesium carbonate
- Disodium hydrogen phosphate

If you have any queries about your medicine, ask your doctor or pharmacist.

8. How to recognise Alendronic Acid Tablets

The tablets are round and brown. Each tablet contains:

- 70 mg of alendronic acid (as alendronic acid)
- 50 mg of magnesium carbonate
- 7 mg of disodium hydrogen phosphate

You should take Alendronic Acid Tablets on an empty stomach.
If you think any of these apply to you, do not take Alendronic Acid Tablets. You should consult a healthcare professional if you continue to take Alendronic Acid Tablets so that your doctor can give you the best possible advice about how to help your condition, such as:

1. Taking calcium and vitamin D supplements
2. Taking other medicines to prevent fractures
3. Getting more regular exercise
4. Making changes to your diet to improve calcium absorption
5. Using hormone replacement therapy in women who have completed their family planning.

5. How to store Alendronic Acid Tablets

Alendronic Acid Tablets must be stored in the original package in a cool, dry place, away from direct sunlight. Do not freeze. The container should not be opened until you are ready to take the tablet.

6. Contents of the pack and other information

Each Alendronic Acid Tablet contains 70 mg of alendronic acid (as alendronic acid sodium salt). Each tablet contains:

- Alendronic acid tablet
- Magnesium stearate
- Calcium carbonate
- Microcrystalline cellulose
- Sodium lauryl sulfate

Alendronic Acid Tablets look and contain of the pack:

- Alendronic Acid Tablets 70 mg Tablets are available in blister packs containing 1 tablet. Each pack contains 1 tablet.

Marketing Authorization Holder

United Kingdom

Accord Healthcare Limited
Sage House, 294 Priory Road, Bury, BL8 2BY, United Kingdom

Germany

Accord Healthcare Deutschland GmbH
Sage House, 294 Priory Road, Bury, BL8 2BY, United Kingdom

Ireland

Accord Healthcare Ireland Limited
Broad Lane Park, Rathfarnham, Dublin 14, Ireland

Alendronic Acid Tablets are available in blister packs containing 1 tablet.

Manufacturers

United Kingdom

Accord Healthcare Limited
Sage House, 294 Priory Road, Bury, BL8 2BY, United Kingdom

Ireland

Accord Healthcare Ireland Limited
Broad Lane Park, Rathfarnham, Dublin 14, Ireland

Alendronic Acid Tablets are available in blister packs containing 1 tablet.

Regulatory Authority

Accord Healthcare Limited
Sage House, 294 Priory Road, Bury, BL8 2BY, United Kingdom

For IE: You can also report side effects directly via the Yellow Card Scheme.

For Ireland: You can also report side effects directly via the Yellow Card Scheme.

For Australia: You can also report side effects directly via the Yellow Card Scheme.

For New Zealand: You can also report side effects directly via the Yellow Card Scheme.

For Canada: You can also report side effects directly via the Yellow Card Scheme.

For India: You can also report side effects directly via the Yellow Card Scheme.

For United Kingdom: You can also report side effects directly via the Yellow Card Scheme.

For United States: You can also report side effects directly via the FDA's MedWatch Program.

For Japan: You can also report side effects directly via the FDA's MedWatch Program.

For China: You can also report side effects directly via the FDA's MedWatch Program.

For Russia: You can also report side effects directly via the FDA's MedWatch Program.