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Tums

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Tums: Chewable tablets which contain calcium carbonate. Used for the relief of acid indigestion and heart burn. Also used as a calcium supplement. Provided in a variety of strengths. The following information **applies to a one-time ingestion** of Tums (this information does not apply to taking **very large** amounts every day).

Is it toxic? May cause an upset stomach or constipation.

Health Effects:

Ingestion: Possible upset stomach and constipation.

What to do?

Ingestion: Upset stomach or vomiting usually subsides without any treatment. If constipation occurs, add fruit and fiber to your diet.

How can I prevent exposure? Keep out of reach of children. Return to safe storage immediately after use. Follow instructions re dosage on the label.

Need more information: Call the Poison Control Centre.

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We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the xʔmʔkʔyʔm (Musqueam), Skʔwxʔwuʔmesh Uʔxwumixw (Squamish Nation), and sʔlʔilwʔtaʔ (Tsleil-Waututh Nation) on whose unceded and ancestral territory our centre is located.

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