

The Medical Letter®

On Drugs and Therapeutics

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IN BRIEF

Only The Name Remains The Same

A Medical Letter subscriber was surprised to discover that a new *Citracal* product contained not only calcium citrate, but also calcium carbonate. *Citracal Plus Bone Density Builder* actually contains more calcium carbonate per tablet than calcium citrate (240 mg vs. 60 mg). Another *Citracal* product, *Citracal Plus Heart Health*, also contains more calcium carbonate than calcium citrate. Many clinicians prefer calcium citrate because it can be taken with or without food, while calcium carbonate must be taken with food for optimal absorption. Other familiar over-the-counter (OTC) names also contain some surprises among their ingredients, as shown in the table below.

| Name | Formulation | Active Ingredients |
|---|-----------------------------|--|
| <i>Mylanta Classic Maximum Strength, Regular Strength</i> | Liquid | Aluminum hydroxide, magnesium hydroxide, simethicone |
| <i>Mylanta Gas Maximum Strength</i> | Soft gels, chewable tablets | Simethicone |
| <i>Mylanta Supreme</i> | Liquid | Calcium carbonate, magnesium hydroxide |
| <i>Mylanta Ultimate Strength</i> | Liquid | Aluminum hydroxide, magnesium hydroxide |
| <i>Mylanta Ultimate Strength</i> | Chewable tablets | Calcium carbonate, magnesium hydroxide |
| <i>Maalox Total Relief</i> | Liquid | Bismuth subsalicylate |
| <i>Maalox Regular Strength</i> | Chewable tablets | Calcium carbonate |
| <i>Maalox Advanced Regular Strength Maximum Strength</i> | Liquid | Aluminum hydroxide, magnesium hydroxide, simethicone |
| <i>Maalox Advanced Maximum Strength</i> | Chewable tablets | Calcium carbonate, simethicone |
| <i>Lotrimin AF</i> | Cream | Clotrimazole |
| <i>Lotrimin AF</i> | Liquid spray | Miconazole |
| <i>Lotrimin Ultra</i> | Cream | Butenafine |
| <i>Ting</i> | Spray powder | Miconazole |
| <i>Ting</i> | Cream | Tolnaftate |

Many well-known brand-name OTC products no longer contain only or necessarily any of their original ingredients.

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