

PACKAGE LEAFLET: INFORMATION FOR THE USER

Lasix® 40 mg, tablets

furoseמיד

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

- What is in this leaflet:**
1. What Lasix are and what they are used for
 2. What you need to know before you take Lasix
 3. How to take Lasix
 4. Possible side effects
 5. How to store Lasix
 6. Contents of the pack and other information

1. WHAT LASIX ARE AND WHAT THEY ARE USED FOR

Lasix is a diuretic (a medicine that promotes urine production). Lasix is used in the following cases:

- fluid accumulation in tissue (edema) due to heart or liver disease,
- fluid accumulation in tissue (edema) due to kidney disease (if you have nephrotic syndrome, which involves protein loss, lipid metabolism disorders and water accumulation, treatment of the underlying disease is the most important),
- fluid accumulation in tissue (edema) due to burns,
- high blood pressure (hypertension).

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE LASIX

- Contraindications:**
- Do not take Lasix:**
- if you are allergic to furoseמיד, sulfonamides (possible cross-allergy with furoseמיד) or any of the other ingredients of Lasix listed in section 6,
 - if you have kidney failure with no urine production (anuria), which does not respond to treatment with Lasix,
 - if you have liver failure with consciousness disorders (coma and hepatic precoma),
 - if you have a severe potassium deficiency,
 - if you have a severe sodium deficiency,
 - if you have a blood volume deficit (hypovolemia) or body water deficit (dehydration),
 - if you are breast-feeding (see "Pregnancy and breast-feeding").

- Warnings and precautions**
- Talk to your doctor or pharmacist before taking Lasix if:
- your blood pressure is very low,
 - you are elderly, if you are on other medications that can cause a drop in blood pressure, and if you have other medical conditions that are risk factors for a drop in blood pressure,
 - you have already existing (established) or underlying (latent) diabetes mellitus; regular monitoring of blood sugar levels is required,
 - you have gout; regular monitoring of blood uric acid levels is required,
 - you have difficulty passing urine (e.g. due to enlarged prostate, obstruction of the kidney, or shrinking of the tube that runs from the kidney to the bladder),
 - your blood protein level is decreased, e.g. in nephrotic syndrome (which is characterized by protein loss, lipid metabolism disorders and water accumulation); dosage must be carefully adjusted,
 - you have rapidly progressive kidney dysfunction in connection with a serious liver disease such as liver cirrhosis (hepatorenal syndrome),
 - you have blood flow disorders in the brain vessels or heart vessels, since you would be particularly at risk if you experienced a sharp drop in blood pressure.

In patients with urination disorders (e.g. due to enlarged prostate), Lasix may only be taken if normal urine output can be restored, since a sudden flow of urine could result in obstruction (retention of urine), which could strain the bladder.

Lasix increases excretion of sodium and chloride and consequently water. Excretion of other electrolytes (especially potassium, calcium and magnesium) is also increased. Since water/electrolyte balance disorders have often been observed during treatment with Lasix due to higher levels of water and electrolyte excretion, regular checks of the levels of certain substances in the blood are required.

Especially during long-term treatment with Lasix, certain blood tests, particularly potassium, sodium, calcium, bicarbonate, creatinine, urea, and uric acid, as well as blood glucose, should be regularly performed.

Particularly careful monitoring is required if you are at high risk for electrolyte disturbances, or if you have severe fluid loss (e.g. due to vomiting, diarrhea, or excessive sweating). Any deficit in circulating blood volume, body water deficit, significant electrolyte disturbances, or acid-base balance disturbances must be corrected. This may require temporary adjustment of Lasix treatment.

Underlying diseases (e.g. liver cirrhosis, cardiac insufficiency), concomitant medication and food can play a role in the possible development of electrolyte disorders.

Weight loss due to increased urine excretion should not exceed 1 kg/day, regardless of how much urine is passed.

If you have nephrotic syndrome (see above), particularly strict compliance with the prescribed dose is essential due to the increased risk of side effects.

Use in combination with risperidone:

In placebo-controlled studies with risperidone in elderly patients with dementia, a higher mortality rate was observed in patients who were treated simultaneously with furoseמיד and risperidone as compared with those who received risperidone or furoseמיד alone. Caution is therefore necessary, and the benefits and risks of using this combination or of simultaneous treatment with other potent diuretics should be carefully weighed by your doctor. Loss of body water should be avoided. There is a possibility of exacerbation or activation of systemic lupus erythematosus, a disease in which the immune system is directed against the body itself.

Children

Particularly careful monitoring is required in premature infants, since they are at risk for renal calcification or kidney stones. Monitoring methods include kidney function tests and ultrasound.

In premature infants with conditions involving difficulty breathing (respiratory distress syndrome) who are given diuretic treatment with Lasix in the first weeks of life, there may be a higher risk that the vessel that shunts pulmonary circulation before birth will remain open (patent ductus arteriosus).

Effects of misuse for doping tests

Use of Lasix may yield positive results in doping tests. In addition, use of Lasix as a doping substance can be dangerous for your health.

Other medicines and Lasix

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

- Lasix may become less effective in the event of simultaneous treatment with the following drugs or groups of medicines:
- Glucocorticoids (cortisone), carbenoxolone or laxatives, as they may increase potassium loss, which can result in potassium deficiency.
 - Medicines with an anti-inflammatory effect (nonsteroidal anti-inflammatory drugs, such as indomethacin and aspirin), as they may reduce the effect of Lasix. If treatment with Lasix results in a decrease in circulating blood volume or body water deficit, simultaneous use of nonsteroidal anti-inflammatory drugs may cause acute kidney failure.
 - Probenecid (antigout agent), methotrexate (antirheumatic agent and immunosuppressant) and other drugs which, like furoseמיד, are excreted in the urine, as they may reduce the effect of Lasix.
 - Phenytoin (a drug used to treat seizures and certain types of pain), as it has been reported to reduce the effect of Lasix.
 - Sucralfate (a stomach drug), as it reduces the amount of Lasix absorbed in the intestine and thereby decreases its effect. An interval of at least two hours should be allowed between use of the two drugs.
 - Tell your doctor if you are taking aliskiren to treat high blood pressure.

The effectiveness of the following drugs or groups of medicines may be affected by simultaneous treatment with Lasix.

- Certain cardiac medicines (glycosides), as the sensitivity of the heart muscle to these drugs may increase if a potassium or magnesium deficiency develops during treatment with Lasix. There is a higher risk of heart rate disturbances (ventricular arrhythmias, including torsades de pointes) in patients with electrolyte imbalances and

- when Lasix is used together with drugs that can cause certain ECG changes (prolongation of QT interval) (e.g. terfenadine, an antiallergic, and certain medicines used in heart rate disorders [class I and III antiarrhythmics]).
- Salicylates (painkillers) used at high doses, as their side effects may be stronger in the event of simultaneous use with Lasix.
 - Medicines that damage the kidneys (nephrotoxic drugs) (e.g. antibiotics such as aminoglycosides, cephalosporins, polymyxins), as Lasix may make their harmful effects stronger. Kidney function may deteriorate in patients receiving both Lasix and high doses of certain cephalosporins.
 - Aminoglycosides (e.g. kanamycin, gentamicin, tobramycin) and other medicines that damage hearing (ototoxic drugs), as their effects may be increased by simultaneous use of Lasix. Any resulting hearing impairment may not be reversible. Consequently, simultaneous use of the drugs mentioned above should be avoided.
 - Cisplatin (treatment for cancer), as simultaneous use with Lasix may result in hearing impairment. In addition, Lasix must be used with extra caution since it may make the harmful effects of cisplatin on the kidneys stronger (nephrotoxicity).
 - Lithium (used for certain forms of depression), as simultaneous use of Lasix may make the harmful effects of lithium on the heart and nerves stronger (cardiotoxicity and neurotoxicity). Blood lithium levels should therefore be closely monitored in patients receiving these two drugs simultaneously.
 - Medicines for high blood pressure, diuretic drugs, or other drugs that may lower blood pressure, as, if they are used at the same time as Lasix, blood pressure may decrease even more. Major drops in blood pressure leading to shock, and a deterioration of kidney function (with isolated cases of acute kidney failure) have been observed, particularly when using ACE inhibitors or angiotensin II receptor antagonists for the first time or introducing higher doses of these drugs. If possible, Lasix treatment should therefore be stopped temporarily, or at least the dose should be reduced for three days, before treatment with an ACE inhibitor or angiotensin II receptor antagonist is started or the dose increased.
 - Probenecid, methotrexate, and other drugs which, like furoseמיד, are excreted via the kidneys, as Lasix may reduce the elimination of these drugs. High-dose treatment may result in high levels of active substances in the blood and increase the risk of side effects.
 - Theophyllin (used to treat asthma) or curare-like agents that cause muscle relaxation (muscle relaxants), as their effects may be made stronger by Lasix.
 - Drugs that lower blood sugar levels (antidiabetics) or increase blood pressure (sympathomimetic drugs, e.g. adrenalin, noradrenalin), as their effects may be reduced by simultaneous use of Lasix.
 - Risperidone: caution is necessary in patients treated with risperidone, and the benefits and risks of using this combination or of simultaneous treatment with Lasix or other potent diuretics should be carefully weighed by your doctor.
 - Simultaneous use of thyroid hormones (e.g. levothyroxine) and high doses of furoseמיד can affect thyroid hormone levels. Therefore, thyroid hormone levels should be monitored in patients receiving this combination.

- Other interactions**
- Simultaneous use of cyclosporin A and Lasix is linked to a higher risk of arthritis due to gout, as a result of increased blood uric acid levels caused by furoseמיד and impaired urine excretion of uric acid caused by cyclosporin.
 - In patients who are at high risk for kidney impairment during x-rays with contrast agents, kidney function deteriorated after the examination using contrast agents more frequently in patients treated with Lasix than in those who only received intravenous fluids before the examination with contrast agents.
 - In isolated cases, intravenous use of Lasix within 24 hours of taking chloral hydrate resulted in sensations of warmth, sweating, agitation, nausea, and increased blood pressure and heart rate (tachycardia). Consequently, simultaneous use of Lasix and chloral hydrate should be avoided.

Lasix with food and drink

Eating large quantities of licorice under treatment with Lasix may increase potassium loss.

Pregnancy and breast-feeding

Do not use Lasix during pregnancy unless your doctor considers it absolutely necessary, since the active substance furoseמיד crosses the placenta.

Furoseמיד passes into breast milk and reduces the amount of milk produced.

Consequently, you should not be treated with Lasix if you are breast-feeding. If necessary, you must stop breast-feeding.

Driving and using machines

Even when this medicine is used as specified, it may affect your capacity to react to such an extent that it may impair your ability to drive, use machines, or work in areas of uneven footing. This particularly applies at the beginning of treatment, when increasing doses, when switching drugs, and in combination with alcohol.

Lasix contain lactose.

Talk to your doctor before taking Lasix if you know that you have an intolerance to certain sugars.

3. HOW TO TAKE LASIX

Always use this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Dosage

Dosage should be determined on a case-by-case basis and, above all, depending on how you respond to treatment. The lowest dose that achieves the desired effect should always be used. Unless otherwise prescribed, the following dosages are recommended for adults:

For fluid accumulation in tissue (edema) due to heart or liver disease

The usual starting dose for adults is 1 Lasix 40 mg tablet (equivalent to 40 mg of furoseמיד). If urine output remains insufficient, the dose may be doubled after six hours to 2 Lasix 40 mg tablets (equivalent to 80 mg of furoseמיד). If urine output still does not improve after this dosage increase, after another six hours 4 x Lasix 40 mg tablets (equivalent to 160 mg of furoseמיד) may be taken. If necessary, in exceptional cases, starting doses of over 200 mg of furoseמיד can be taken, under strict medical supervision.

The daily maintenance dose is generally 1 to 2 x Lasix 40 mg tablets (equivalent to 40 to 80 mg of furoseמיד).

Body weight loss caused by increased urine excretion should not exceed 1 kg/day.

For fluid accumulation in tissue (edema) due to kidney disease

The usual starting dose for adults is 1 Lasix 40 mg tablet (equivalent to 40 mg of furoseמיד). If urine output remains insufficient, the dose may be doubled after six hours to 2 Lasix 40 mg tablets (equivalent to 80 mg of furoseמיד). If urine output still does not improve after this dosage increase, after another six hours 4 x Lasix 40 mg tablets (equivalent to 160 mg of furoseמיד) may be taken. If necessary, in exceptional cases, starting doses of over 200 mg of furoseמיד can be taken, under strict medical supervision.

The daily maintenance dose is generally 1 to 2 x Lasix 40 mg tablets (equivalent to 40 to 80 mg of furoseמיד).

Body weight loss caused by increased urine excretion should not exceed 1 kg/day.

If you have nephrotic syndrome, the dose must be carefully determined due to the increased risk of side effects.

For fluid accumulation in tissue (edema) following burns

The daily and/or unit dose ranges from 1 to 2½ Lasix 40 mg tablets (equivalent to 40 to 100 mg of furoseמיד). In exceptional cases, in patients with impaired kidney function, the dose may be up to 6 Lasix 40 mg tablets (equivalent to 240 mg of furoseמיד).

Any blood volume deficit must be corrected before using Lasix.

For high blood pressure (hypertension)

In general, take 1 x Lasix 40 mg tablet daily (equivalent to 40 mg of furoseמיד) alone or in combination with other medicines.

Children

The dosage for children is usually 1 mg (to 2 mg) of furoseמיד per kilogram of body weight per day. However, the dosage for children must not exceed 40 mg of furoseמיד per day.

Method and duration of treatment

Swallow the tablets whole on an empty stomach in the morning with enough liquid (e.g. a glass of water).

Your doctor decides on the duration of treatment. This is based on the type and severity of the disease.

If you take more Lasix than you should

If you suspect an overdose because you have taken more Lasix than you should have, alert a doctor immediately. The doctor can decide on the measures that may be necessary depending on the extent of overdose.

The signs of acute or chronic overdose depend on the severity of the salt and fluid losses.

Overdose may result in low blood pressure and blood circulation disorders when standing up from a lying position, electrolyte imbalances (decreased potassium, sodium, and chloride levels) and increased blood pH (alkalosis).

More severe fluid loss may result in body water deficit and, due to blood volume losses, in circulatory shock and thickening of the blood (hemoconcentration) with a tendency for thrombosis (blood clots).

Sudden water and electrolyte losses can result in confusion.

If you forget to take Lasix

Do not take a double dose to make up for a forgotten dose. Instead, continue taking your next prescribed dose.

If you stop taking Lasix

Do not stop taking Lasix or end your treatment with Lasix prematurely unless your doctor tells you to, because this can have an effect on the success of your treatment.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

The frequency of side effects is classified as follows:

Very common:	may affect more than 1 in 10 treated patients
Common:	may affect up to 1 in 10 treated patients
Uncommon:	may affect up to 1 in 100 treated patients
Rare:	may affect up to 1 in 1 000 treated patients
Very rare:	may affect up to 1 in 10 000 treated patients
Not known:	cannot be estimated from the available data

Possible side effects:

Blood

Common: thickening of the blood (hemoconcentration, in case of excessive urine excretion).

Uncommon: decrease in the number of certain blood cells called platelets (thrombocytopenia).

Rare: increase in the number of certain white blood cells (eosinophilia), decrease in the overall number of white blood cells (leukopenia).

Very rare: anemia due to increased destruction of red blood cells (hemolytic anemia), anemia due to blood cell formation disorders in the bone marrow (aplastic anemia), severe decrease in certain white blood cells with increased susceptibility to infections and poor general health (agranulocytosis).

Signs of agranulocytosis can include fever with shivering, changes to the mucous membrane (the lining of certain organs or cavities) and sore throat.

Immune system

Uncommon: allergic reactions of the skin and mucous membranes (see "Skin").

Rare: severe allergic reactions such as circulatory shock (anaphylactic shock). The first signs of shock include skin reactions such as severe flushing or hives, agitation, headache, bouts of sweating, nausea, and bluish discoloration of the skin.

Not known: exacerbation or activation of systemic lupus erythematosus (a disease in which the immune system is directed against the body itself).

Metabolism and nutrition

(see "Warnings and precautions").

Very common: electrolyte imbalances (including those involving symptoms), reduced body water and reduced circulating blood volume (particularly in older patients), increase in certain blood fats (triglycerides).

Common: reduced sodium and chloride content in the blood (hyponatremia and hypochloremia, especially if sodium/chloride intake is reduced), reduced potassium content in the blood (hypokalemia, especially with a simultaneous decrease in potassium supply and/or increased potassium loss, e.g. due to vomiting or chronic diarrhea); increased blood cholesterol, increased uric acid in the blood, and episodes of gout.

Uncommon: increased blood sugar levels (reduced glucose tolerance, hyperglycemia). In patients with existing diabetes (established diabetes mellitus), this may lead to deterioration of patient metabolism. Underlying diabetes (latent diabetes mellitus) may be revealed.

Not known: reduced calcium levels in the blood (hypocalcemia), reduced magnesium levels in the blood (hypomagnesaemia), metabolic alkalosis (increase in pH value of the blood), pseudo-Bartter's syndrome (i.e. kidney function impairment induced by incorrect use of furoseמיד or long-term furoseמיד treatment, characterized by increase in blood pH value, loss of mineral salts and hypotension).

Symptoms that are often reported with sodium deficiency include apathy, calf cramps, loss of appetite, weakness, drowsiness, vomiting and confusion.

Potassium deficiency may lead to symptoms such as muscle weakness, abnormal sensations in the hands and feet (e.g. tingling, numb or painful burning sensations), paralysis, vomiting, constipation, build-up of excessive gas in the digestive tract, excessive urine output, abnormal feeling of thirst with excessive fluid intake and irregular pulse (e.g. excitation and conduction disorders of the heart). Severe potassium loss may result in intestinal paralysis (paralytic ileus) or consciousness disorders and even coma.

Calcium deficiency may, in rare cases, result in neuromuscular hyperexcitability (tetany).

As a result of magnesium deficiency, tetany and heart rate disorders have been reported in rare cases.

Nervous system

Common: brain disease (hepatic encephalopathy) may occur in patients with advanced liver failure.

Rare: tingling, numb or painful burning sensations in the hands and feet (paresthesia).

Not known: dizziness, fainting and loss of consciousness, headache.

Ears

Uncommon: hearing disorders, usually reversible, especially in patients with kidney function disorders or decreased blood protein levels (e.g. in nephrotic syndrome) and/or if the medicine is injected too quickly into the vein. Deafness (sometimes irreversible).

Rare: ringing of the ears (tinnitus).

Blood vessels/circulation

Very common (with intravenous infusions): reduced blood pressure, including circulation disorders when standing up from a lying position.

Rare: blood vessel inflammation (vasculitis).

Not known: blockage of blood vessels due to a clot (thrombosis, particularly in older patients).

Excessive urine output may be accompanied by circulation disorders (even circulatory collapse), especially in older patients and children, resulting in particular in headache, dizziness, sight disorders, dry mouth, thirst, low blood pressure and circulation disorders, with a drop in blood pressure when standing up from a lying position.

Digestive tract

Uncommon: nausea.

Rare: vomiting, diarrhea.

Very rare: acute inflammation of the pancreas.

Liver and gall bladder

Very rare: obstruction of bile flow (intrahepatic cholestasis), increase in certain liver values (transaminases).

Skin

Uncommon: itching, hives (urticaria), rash, reactions of the skin and mucous membranes with redness, formation of blisters or scales (e.g. bullous dermatitis, erythema multiforme, pemphigoid, exfoliative dermatitis, purpura), increased sensitivity to light (photosensitivity).

Not known: severe skin and mucous membrane reactions, for example with blisters or skin detachment (Stevens-Johnson syndrome, toxic epidermal necrolysis, acute generalized exanthematous pustulosis [AGEP] [acute febrile drug eruption], drug eruption with eosinophilia and systemic symptoms); lichenoid reactions that manifest as small, itchy, reddish-purple, uneven changes to the skin, genitals or in the mouth.

Muscular system

Not known: cases of serious muscle problems (rhabdomyolysis) have been reported, often in relation to severe potassium deficiency states (see section "Do not take Lasix").

Kidneys and urinary tract

Very common: increased blood creatinine.

Common: increased urine output.

Rare: kidney inflammation (tubulo-interstitial nephritis).

Not known: increased sodium in urine, increased chloride in urine, increased urea in blood, signs of impaired urine excretion (e.g. in patients with an enlarged prostate, build-up of urine in the kidneys, narrowed ureter). This can even lead to urinary obstruction (urinary retention) and the resulting complications (see "Warnings and precautions"), kidney stones and/or calcification of kidney tissue in premature babies, kidney failure (see "Other medicines and Lasix").

Congenital diseases

Not known: increased risk of the vessel that shunts pulmonary circulation before birth remaining open (patent ductus arteriosus), if premature babies are treated with furoseמיד in the first weeks of life.

Effect on overall state of health

Rare: fever.

If a side effect occurs suddenly or becomes more severe, inform your doctor immediately, since some drug reactions may become life-threatening in certain circumstances. The doctor will decide what measures must be taken and whether the therapy can be continued.

At the first sign of an allergic reaction, Lasix should not be used again.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE LASIX

KEEP THIS MEDICINE OUT OF THE SIGHT AND REACH OF CHILDREN. Do not use this medicine after the expiry date which is stated on the blister pack and the box after EXP. The expiry date refers to the last day of that month.

Storage conditions

Do not store above 25 °C. Store in the original packaging in order to protect from light.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Lasix 40 mg tablets contain

The active substance is furoseמיד.

1 tablet contains 40 mg of furoseמיד.

The other ingredients are:

Lactose monohydrate, cornstarch, pregelatinized cornstarch, talc, colloidal silica, magnesium stearate (European Pharmacopoeia).

Note for diabetic patients: 1 tablet contains less than 0.01 bread units of carbohydrate.

What Lasix 40 mg tablets look like and contents of the pack

Round, off-white tablets with a scoreline.

The tablets can be divided into equal doses.

Lasix is available in packs of 20, 50 and 100 tablets, and in hospital packs of 300 tablets.

Not all pack sizes may be marketed.

Marketing Authorization Holder and Manufacturer

Sanofi aventis Deutschland GmbH
65926 Frankfurt am Main, Germany

Manufacturer

Opella Healthcare International SAS
56, Route de Choisy
60200 Compiègne
France

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Dear patient,

Your doctor has prescribed this medicine because you were found to have too much salt and/or water in your body.

Lasix act to eliminate this excess via the kidneys. A healthy body contains 65% water, most of which is in cells, and the rest of which is in the fluid between the cells.

The "chemical" composition of our body and its fluids must remain within a very narrow range, so that single cells and hence the various organs can function normally. Large deviations from the normal range impair organ function and result in disease.

The kidneys are one of the most important organs ensuring chemical balance in the body. They remove metabolic intermediate and end products, excess minerals, foreign matter, and water from the blood. One of these minerals is salt. Most people have two to three times too much salt in their daily diet.

Bear in mind that ready meals, canned foods, and soup or sauce seasonings often contain too much salt. Tasty food can be prepared just as successfully if salt is replaced by herbs and spices such as basil, dill, tarragon, chervil, garlic, onions, paprika, and marjoram.

In some heart, liver and kidney diseases, too much water accumulates in the tissues. The medical term for this accumulation of water is "edema." It first occurs mainly in the lower legs.

During medical washout of edema, the body loses potassium as well as salt. It is advisable to replace this potassium by eating potassium-rich food such as

fresh vegetables and fruit, since potassium is important for the body and plays a role in metabolism. The recommended average daily requirement for adults is 2500 mg of potassium.

Potassium content per 100 g of food (in mg)			
Vegetables		Fruits	
Kohlrabi	230	Grapes	254
Asparagus	240	Cherries	260
Tomatoes	268	Rhubarb	358
	380	Bananas	420
Cauliflower	400		
Endives	400	Fresh fruit juices	
Brussels	400	Orange juice	190
Potatoes	410	Apricot juice	440
Spinach	489		

Above are listed some potassium-rich fresh vegetables, fruit, and fruit juices.

Occasionally, however, potassium salts may need to be administered, or medicines that help the body to retain potassium, in order to prevent potassium deficiency.

Best wishes for your health,
Sanofi aventis Deutschland GmbH