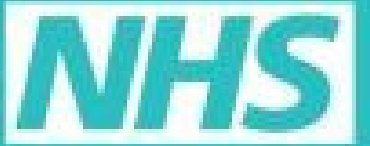


DON'T SWALLOW UP YOUR NHS



In 2024 the **NHS spent £8.65 billion** on prescribing items you can buy easily from local pharmacies, supermarkets, and online:



Pain relief (eg paracetamol)	Upset stomach treatment	Antihistamines (hayfever)	Heartburn & indigestion treatment	Travel sickness treatment
				
Cost for your local NHS: £786k	Cost for your local NHS: £74k	Cost for your local NHS: £212k	Cost for your local NHS: £255k	Cost for your local NHS: £179k
Cost for you to buy £0.25 (16 tablets)	Cost for you to buy £1.00 (6 capsules)	Cost for you to buy £2.75 (30 capsules)	Cost for you to buy £2.00 (200 ml)	Cost for you to buy £2.30 (10 tablets)