



# Care Epsom Salts

## Uses

Relieves occasional constipation.

## Dosage

Adults: one to three 5ml spoonfuls (5-15g) dissolved in 250ml of water as required. Elderly: use with caution not exceeding the adult dose. Children: not to be used.

## Format and Ingredients

Crystals or crystalline powder containing:  
Magnesium Sulfate Heptahydrate 100%,

Category:  
Antacids and Gastrointestinal

Pack size: 300g