

Dosage instructions

A little bit every now and then, as long as you know the strength



Dosage instructions

A tiny bit, but do not exceed the stated dose



Dosage instructions

A pinch once in a while, but don't take more than a few pinches over a short time



Dosage instructions

Miniscule amounts but make sure you know what the ingredients are first



Dosage instructions

Don't take if you are allergic to any of the ingredients



Dosage instructions

Always take it using the method the manufacturer recommends



Dosage instructions

Ring the manufacturers for dosage advice



Dosage instructions

If you exceed the stated dose, follow the safety advice on the packaging



Dosage instructions

Adults and children over 12 years:
Take one or two tablets, up to four times a day, if you need to.
DON'T take more than 8 tablets in any 24 hours.



Dosage instructions

Swallow each tablet with water.
Do not exceed the stated dose.
Immediate medical advice should be sought in the event of an overdose, even if you feel well.
Each tablet contains 500mg of



Dosage instructions

Children 6-12 years: Take half a tablet, up to four times a day, if you need to. DON'T take more than 4 tablets in any 24 hours.

