



## O.R.S. Hydration Tablets

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### Uses

For general hydration, sports and exercise, travel and hot climates.

### Dosage

Add 2 tablets to 200ml of drinking water and allow to dissolve completely.

Adults and children aged 6 years and over: drink 200ml (2 tablets) of solution each time the body's fluid level needs to be maintained.

Children aged 6 years and under: drink 10ml of solution per kg of body weight each time the body's fluid level needs to be maintained. Give the required dose in small sips.

Do not store made up O.R.S solution for more than 8 hours outside of a refrigerator.

### Format and Ingredients

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