



## Eno

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### Uses

Symptomatic relief of indigestion, flatulence and nausea.

### Dosage

Over 12 years: one 5ml spoonful (5g) every 2 or 3 hours if necessary dissolved in water. Maximum two 5ml spoonfuls in 24 hours. Minimum dosing interval 2 hours. Under 12 years: not recommended except on medical advice.

### Format and Ingredients

5g dose of powder (0.85g sodium) containing:  
Sodium Bicarbonate 2.32g, Sodium Carbonate Anhydrous 0.5g, Citric Acid 2.18g,