

Kegel 8[®]

Epsom Salts

1 kg

Dietary Supplement

Kegel8[®]

Epsom Salts

1kg Food Supplement

The Epsom Salts contained in this pack are suitable to take orally and for external use, following the directions provided.

Nutritional Information:

A serving of 3g will provide on average 296mg of magnesium, which is 78.9% of the Reference Intake.

Ingredients: Epsom Salts (Magnesium Sulphate Heptahydrate).

Suitable for vegetarians and vegans.

Directions:

As bath salts: For a **full bath**, dissolve 2 cups (500ml) of Epsom salt in a bath full of warm water. For a **sitz bath**: dissolve 1/2 cup (125ml) of Epsom salt in warm water.

For Constipation: For **adults and children 12 years and older**, dissolve 2-4 level teaspoons in 8 ounces (240 ml) of water and drink immediately. For **children 6 to 11 years old**, dissolve 1-2 level teaspoons in 8 ounces (240 ml) of water and drink immediately.

Do not exceed the recommended daily intake.

Best Before End:

Store in a cool dry place out of sight and reach of children. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Expertly created for pelvic health specialists Kegel8 here in the UK to ensure top quality, always.



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Made for: Kegel8, Savantini House, Foster Street, Hull, United Kingdom. HU8 8BT

