

Strong Bones & Teeth

Bones that are strong and healthy from a young age are more likely to remain strong and healthy throughout our lives. As we all know Calcium is important for strong bones and also for healthy muscles. Magnesium is also found in our bones and works with calcium to build strong structures.

Dosage:

- Children (1-11yrs): 1 tablet – 4 times daily
- Infants (0-11months): 1/2 tablet – 4 times daily
- *Continue until symptoms subside*

For sudden onset:

- Take every half hour until symptoms improve (for max. of 2 days).
- Chew tablets or crush and dissolve in water.
- For infants add a few drops of water to crushed tablet and mix into a paste, administer paste to mouth with dummy, spoon, finger etc.