

# O.H.S<sup>®</sup>

## Hydration Tablets

Scientifically balanced formula of electrolytes glucose & minerals

- ✓ Great Taste
- ✓ General Hydration
- ✓ Sports & Exercise
- ✓ Travel & Hot Climates

**Lemon Flavour**  
Soluble Tablets



## O.H.S HYDRATION TABLETS

### Information Leaflet

#### For children and adults

Please read this entire leaflet carefully because it contains important information for you to get the best out of your O.H.S tablets. Keep this leaflet as you may need to read it again.

#### Information in this leaflet

1. What are O.H.S Hydration Tablets
2. Ingredients
3. When not to use O.H.S Hydration Tablets
4. Pregnancy and breastfeeding
5. How to use O.H.S Hydration Tablets
6. Side effects
7. Warnings and cautions
8. How to store O.H.S Hydration Tablets
9. Further Information

#### 1. What is O.H.S

O.H.S is a soluble tablet that contains a scientifically balanced formula of glucose, electrolytes and essential minerals which when added to water may be used to replenish the body's water and salts and thereby help to maintain a healthy fluid balance in adults and children.

#### 2. Ingredients

Each O.H.S tablet when dissolved in a 100 ml solution contains:

##### Nutritional information (per tablet in 100ml water)

Energy	36kJ (8.6 kcal)
Fat	0g
Carbohydrate	1.826g
- of which sugars	1.826g
Protein	0g
Fibre	0g
Sodium chloride	176mg
Citric acid	429mg
Potassium chloride	150mg
Vitamin B2	0.3mg (19%DDR)

\*RDA = Recommended Daily Allowance

##### mmol/L

Glucose	101
Sodium	70
Potassium	20
Chloride	51
Citrate	22

#### Ingredients

Glucose (sugar), citric acid, sodium hydrogen carbonate, sodium chloride (salt), potassium chloride, lemon flavour, Polyethylene Glycol 6000, sweetener (aspartame), riboflavin 5 phosphate (vitamin B2), Kollidon K25.

O.H.S Hydration Tablets are not carbonated. Each tablet weighs 3.1 grams and contains an energy value of 8.6 kcal. O.H.S Hydration Tablets contain no gluten or lactose. O.H.S Hydration Tablets are suitable for use by vegetarians and vegans.

#### 3. When not to use O.H.S Hydration Tablets

- If there is blood in the faeces
- In people with poor kidney or liver function
- If you are allergic to any of the ingredients contained in each tablet. (In case of allergic reaction or another undesirable effect or if your condition worsens after use or if there is no beneficial effect, discontinue use and consult your doctor)
- If you have a partial or full bowel obstruction

#### 4. Pregnancy and Breastfeeding

Consult your doctor or a pharmacist before using O.H.S tablets if you are pregnant or breastfeeding.

#### 5. How to use O.H.S Hydration Tablets

##### Preparing the solution

1. Measure 200 ml of drinking water
2. Add 2 tablets
3. Wait until the tablets are fully dissolved (stir if required)
4. Drink the correct volume slowly according to the dosage guidelines

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

**Children aged under 6 years:** Drink 10 ml 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.

Body Weight	5 kg	10 kg	15 kg	20 kg
Dose	50 ml	100 ml	150 ml	200 ml

#### For infants and Children up to 10 Kg:

1. Dissolve one tablet in 100 ml drinking water (even if you need less solution, each tablet must be dissolved in 100 ml of water)
2. Wait until the tablet is fully dissolved
3. Always give O.H.S Hydration Tablet solution to young children in small quantities over an extended period of a time (for example, a small amount every few minutes).
4. Give 10 ml of solution per kg body weight each time the body's fluid needs to be maintained

\* **NEVER** dissolve O.H.S Hydration Tablets in baby formula. Preferably, give O.H.S solution before bottle feeding or breastfeeding to help sufficient amounts to be consumed more easily. Afterwards, feed as normal.

#### 6. Side Effects

Most people do not suffer any side effects whilst using O.H.S Hydration Tablets, if you do experience any side effects stop using O.H.S tablets immediately and seek medical advice.

#### 7. Warnings and Cautions

- Only use good quality drinking water to prepare the solution (water of poor quality is to be boiled for 2 minutes and cooled before use)
- Do not add sugar or sugar-containing liquids to the solution
- Always take the soluble tablets fully dissolved in water
- Do not exceed the recommended dosage
- Please consult your doctor or pharmacist before using in infants up to the age of 2 years
- Diabetics should take into account that each O.H.S tablet contains 1.8 grams of glucose
- People suffering from high blood pressure and/or cardiac disease should take into account that each tablet contains 176 mg of sodium chloride
- Do not swallow or chew the tablets

#### Contact your pharmacist or doctor before using O.H.S Hydration Tablets

- If you are taking or have recently taken any medicines. This includes medicines you buy without a prescription
- If you are on a low potassium or low sodium diet
- If you have liver disease or kidney disease
- In case of dehydration symptoms (excessive thirst, dry tongue and mouth, drowsiness, confusion, tendency to faint, dry skin, reduced urine production or other unexpected symptoms) or in case these symptoms occur in combination with fever and/or vomiting or if the symptoms persist for more than 3 days (in infants/children for more than 1 day) or if you have regularly recurring symptoms. **Be particularly alert in children under 2 years of age and elderly people. People in these age groups can very quickly show symptoms of dehydration.**

If you are not sure if any of the above points are applicable to you, contact your pharmacist before taking O.H.S Hydration Tablets.

#### 8. How to store O.H.S Hydration Tablets

- Store in the original carton and in a cool dry place at room temperature
- Keep the tube tightly closed
- Keep away from fire, flame or excessive heat
- Store out of the reach and sight of young children
- Try to use the solution immediately once prepared
- Do not store for more than 8 hours outside of the refrigerator. The solution can be stored in the refrigerator for a maximum of 24 hours
- Do not use after the best before date (which is stated on the base of the tube and carton)

#### 9. Further Information

This leaflet contains information to help you safely use O.H.S Hydration Tablets and is not designed to replace the advice of your pharmacist and doctor. If you require further information please contact Clinova, see details below.

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