

ENO FRUIT SALT GINGER

Sodium Carbonate, Sodium Bicarbonate, Citric Acid (9.89%, 45.32%, 42.64%)

What is in this leaflet

1. What ENO Fruit Salt Ginger is used for
2. How ENO Fruit Salt Ginger works
3. Before you use ENO Fruit Salt Ginger
4. How to use ENO Fruit Salt Ginger
5. While you are using it
6. Side effects
7. Storage and disposal of ENO Fruit Salt Ginger
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of revision
11. Serial number

What ENO Fruit Salt Ginger is used for

For the relief of wind and indigestion.

How ENO Fruit Salt Ginger works

It helps to neutralise the excess acid in the stomach and gastric tract. Sodium bicarbonate and citric acid react in a glass of water to form sodium citrate. A small amount of sodium citrate, sodium bicarbonate and sodium carbonate remain in solution. As an antacid, the primary function of sodium bicarbonate and/or sodium carbonate is to react with excess hydrochloric acid in the esophagus and stomach to form sodium chloride, water and carbon dioxide. Sodium citrate will, over time form sodium bicarbonate which will continue to react with gastric hydrochloric acid.

Before you use ENO Fruit Salt Ginger

- When you must not use it

Do not use if:

- you have liver, heart, or kidney problems
- you have high blood pressure
- you are allergic to sodium bicarbonate, sodium carbonate, citric acid, or any other ingredient in this product.
- you are on a low sodium diet e.g. those suffering from hypertension or congestive heart failure, should not use this product unless directed by a doctor.

- Before you start use it

Do not use in children under 12 years of age.

If you are pregnant or breastfeeding, please consult your doctor or pharmacist before taking this product.

- Taking other medicines

This product reduces the acidity of your stomach and may interfere with how other medications are absorbed – therefore, please take other medications at a different time of the day.

How to use ENO Fruit Salt Ginger

For oral administration only.

- How much to use

Adults and children aged 12 and over:

- 4.3 g (one sachet or one level 5 ml spoonful of powder) dissolved in a minimum of a 1 cup of water. Drink as symptoms occur.
- A second dose may be taken after 2-3 hours.
- Do not take the second dose less than 2 hours after the first dose.
- Do not take more than two times a day.
- Do not exceed the stated dose.

- When to use it

When having the symptoms of wind and indigestion.

- How long to use it

Use for as long as advised by your doctor or pharmacist. Do not take this medicine for more than 14 days.

- If you forget to use it

If you forget a dose of the ENO Fruit Salt Ginger, take it as soon as possible and then carry on as normal. If you only remember at the time of the next dose, just take the usual amount and then carry on as normal. Do not take a double dose to make up for a forgotten dose.

- If you use too much (overdose)

In the event of overdose seek medical advice.

If you have taken too much, you may have belching, stomach disturbances, restlessness, weakness, thirst, dizziness

or headache.

While you are using it

- Things you must do

Take the recommended dose as advised by your doctor or pharmacist.

- Things you must not do

This product contains sodium (0.73g in one dosage or sachet).

- Do not exceed the recommended dose as excess or prolonged use may lead to alkalosis.
- Do not take this medicine for more than 14 days.

- Things to be careful of

Treatment should be discontinued if your symptoms persist or worsen, please consult your doctor to investigate the cause of your stomach discomfort.

Side effects

Minor gastrointestinal irritations, including belching, flatulence, and abdominal distention.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers ☐ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of ENO Fruit Salt Ginger

- Storage

Store below 30°C. Protect from humidity. Keep out of reach and sight of children.

- Disposal

There are no special requirements for use or handling of this product.

Product Description

- What it looks like

A pale brown free flowing powder with a definite crystalline sparkle.

- Ingredients

- Active ingredients
Sodium Carbonate
Sodium Bicarbonate

Citric Acid

- Inactive ingredients
 - Saccharin Sodium
 - Caramel
 - Ginger Flavour
 - Ginger Flavour Spice 'n' Easy
 - Purified Water

- MAL number:

MAL05041881XR

Manufacturer

Sterling Drug (Malaya) Sdn. Bhd.
LOT 89, Jalan Enggang, Ampang/Hulu
Kelang Industrial Estate, 68000,
Ampang, Selangor, Malaysia.

Product Registration Holder

Haleon Malaysia Sdn Bhd (3467-X)
Lot 89, Jalan Enggang,
Ampang/Hulu Kelang Industrial Estate,
68000 Selangor, Malaysia

Date of revision

18/08/2025

Serial Number

NPRA(R4/1)200919/00262