

12 November 2020

PUBLIC NOTICE

The Secretary of Health hereby issues a Public Notice to warn members of the public about the risks to health, for those considering ingesting Epsom salts (Magnesium Sulphate).

- Use Epsom salts only as directed by your doctor.
- Epsom salts should not be used in place of medication prescribed for you by your doctor.

For further information:

- Read the *Te Marae Ora Information sheet on Epsom salts*
- Call 0800 1800, 0800 1801
- Talk to your doctor