

Drug Facts	
Active ingredient Magnesium Sulfate (Heptahydrate) 100%.....Laxative/Soak solution	Purpose Laxative/Soak solution
Uses	
<ul style="list-style-type: none"> ■ As a laxative: For relief of occasional constipation ■ As an external soaking aid: For temporary relief of minor sprains and bruises 	
Warnings	
<p>Ask a doctor before use if you</p> <ul style="list-style-type: none"> ■ have kidney disease or diabetes ■ have abdominal pain, nausea, vomiting, change in bowel habits persisting for more than 2 weeks ■ have already used a laxative for a period of longer than 1 week <p>Serious side effects from prolonged use or overdose may occur</p> <ul style="list-style-type: none"> ■ are taking prescription drugs. 	
Stop use and consult a doctor if	
<ul style="list-style-type: none"> ■ When taking as a laxative, there is rectal bleeding or failure to have a bowel movement after use. These could be signs of a serious condition. ■ When using as soaking aid, discontinue use where prompt relief is not obtained or where there is evidence of infection. Hot or warm soaks should not be used by individuals with diabetes except on the advice of a physician. 	
If pregnant or breast feeding ask a health professional before use.	
Keep out of reach of children. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately.	
Continued ▶	

* Go to www.simplehomemedies.com to find helpful hints and learn more about Epsom Salt.



***WARNING:** Do not use if Tamper Evident Seal is broken or missing. This product is sealed with either a Shrink Band around cap imprinted "Sealed for Your Protection" or foil seal under cap.

(Drug Facts continued)	
Directions	
For Laxative Use	
(Doses may be taken as a single daily dose or divided doses)	
<ul style="list-style-type: none"> ■ Adults and children 12 yrs. of age and older: 2 to 4 level tsps. (10-30g) in an 8 oz. glass of water. Repeat in 6 hours if needed. Drink 8 ozs. of liquid with each dose. Limit 2 doses per day. Lemon juice may be added to improve taste. This product generally produces bowel movement in 1/2 to 6 hours. Best when taken on an empty stomach. ■ Children 6 to 12 yrs. of age: 1 to 2 level tsps. (5-10g) in an 8 oz. glass of water. ■ Children under 6 years of age: Consult a doctor before use. 	
For use as a soaking aid	
<ul style="list-style-type: none"> ■ Dissolve 2 cupfuls of Epsom Salt per gallon of warm water. Apply in conjunction with bandages or toweling. 	

Packed by: HUMCO, Texarkana, TX 75501
 Question or Comments? ☎ 1-800-662-3435
 "We Help People Feel Better" R012512RLG

