

EPSOM SALT- epsom salt granule
Good Sense (Geiss, Destin & Dunn, Inc.)

Drug Facts

Active ingredient

Magnesium sulfate USP 100%

Purpose

Saline laxative

Uses

- relieves occasional constipation (irregularity)
- generally produces bowel movement in 1/2 to 6 hours

Warnings

Ask a doctor before use if you have

- kidney disease
- a magnesium restricted diet
- stomach pain, nausea or vomiting
- noticed a sudden change in bowel habits that lasts more than 2 weeks

Ask a doctor or pharmacist before use if you are

presently taking a prescription drug.

When using this product

- **do not use more than directed**

Stop use and ask a doctor if

- you have rectal bleeding or failure to have a bowel movement after use. This may indicate a serious condition.
- you need to use a laxative for more than 1 week

If pregnancy or breast-feeding,

ask a health professional before use.

Keep out of reach of children.

In case of overdose, get medical help or contact a Poison Control Center (1-800-222-1222) right away.

Directions

- do not exceed more than 2 doses per day; if necessary repeat dosage in 4 hours

age	dose
adults and children 12 years and older	2-4 level teaspoons dissolved in a full glass (8oz) of water
children 6 to 11 years	1-2 level teaspoons dissolved in a full glass (8oz) of water

Not recommended for children under 6 years of age.

Other information

- each teaspoon contains:** magnesium 495 mg

Inactive ingredient

none

Questions or comments?

For laxative or soak, call 1-877-753-3935 Monday- Friday 9AM-5PM EST

Principal Display Panel**EPSOM SALTS**

Magnesium Sulfate USP

Saline Laxative

Relieves occasional constipation

Soaking aod for minor sprains and bruises

Net Wt LB (kg)

TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.

Distributed by: Perrigo Direct, Inc.

Peachtree City, GA 30269

www.PerrigoDirect.com

Package Label

TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.

NDC 50304-395-01

GOODSENSE®

Epsom Salt

Magnesium Sulfate USP

Saline Laxative

Relieves occasional constipation

Soaking aid for minor sprains and bruises

NET WT. 16 oz (1 lb) / 454 g



For external use

For a soaking solution: Pour 2 cups of epsom salt into warm, running water under a hot shower. Allow the water to cool to a comfortable temperature. Soak for 15-20 minutes. Repeat as needed.

For a saline laxative: Dissolve 1 cup of epsom salt in 1 quart of water. Drink a small amount of the solution over the course of the day. Repeat as needed.

Warnings: These products are not intended for use in children or infants. If you experience any adverse effects, discontinue use and consult a doctor. Do not use if pregnant or nursing.

KEEP OUT OF REACH OF CHILDREN. In case of overdose, get medical help or contact a Poison Control Center at 1-800-368-3732.

Some uses of epsom salt are not intended for use in children. Please read the instructions carefully and use as directed.

© 2011 GoodSense. All rights reserved.

Revised: 4/2024

Good Sense (Geiss, Destin & Dunn, Inc.)