

**EPSOM SALT- magnesium sulfate granule  
Cardinal Health (Leader) 70000**

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**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.**

**Inactive Ingredients**

None

**Other information**

- **each teaspoon contains:** magnesium 495 mg

**Questions or comments?**

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

**Principal Display Panel****Multi-purpose****Epsom Salt**

Magnesium Sulfate USP, 100%

Saline Laxative

Relieves

Occasional Constipation

Soaking Aid for

Minor Sprains and Bruises

NET WT OZ (LBS) kg

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

DISTRIBUTED BY CARDINAL HEALTH

DUBLIN, OHIO 43017

[www.myleader.com](http://www.myleader.com)

# Package Label

**LEADER™ Epsom Salt is a trusted remedy that is useful every season of the year.**

**BEAT WINTER BLUES**  
Simply dissolve two cups of epsom salt in a warm bath:  
• for a calm and refreshing soak  
• to warm and relax your muscles

**A MINERAL SPRING SPA**  
Springtime is your fresh start to working out, often times leading to overexertion. Just dissolve two cups of epsom salt in warm bath water, settle in, and experience the relief and relaxation.

**FIRST AID SUMMER SALTS**  
Mix 1 cup of epsom salt in 1 quart of cold water to make a compress. Apply with a washcloth as a wet dressing to relieve mild sunburn, mosquito bites, and bee stings.

**RELAX INTO AUTUMN**  
By dissolving two cups of epsom salt in a warm bath, you'll be able to:  
• revitalize tired and aching muscles  
• feel refreshed and rejuvenated

RESEALABLE POUCH. CUT ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.



NDC 70000-0614-1

**Multi-purpose  
Epsom  
Salt**

**Magnesium Sulfate USP, 100%  
Saline Laxative**

Relieves  
Occasional Constipation  
Soaking Aid for  
Minor Sprains and Bruises

NET WT. 64 OZ (4 LB) / 1.81 kg

**Drug Facts**

Active ingredient	Purpose
Magnesium sulfate USP 100%	Saline laxative

**Uses**

- relieves occasional constipation (regularly)
- generally produces bowel movement in 12 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 pregnant 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 (8 oz) of water
children 6 to 11 years	1-2 level teaspoons dissolved in a full glass (8 oz) of water

Not recommended for children under 6 years of age.

**Other information**

- each teaspoon contains magnesium 465 mg

**Inactive ingredient** none

**Questions or comments?**  
For laxative or soak, call 1-877-753-3226 Monday-Friday 9AM-5PM EST

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

  
DISCUBETS BY CARDINAL HEALTH  
 DUBLIN, OHIO 43007  
 www.cardinal.com 1-888-226-4262  
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 Return to place of purchase if not satisfied.

PLD-A3316 SE000757  
 CIN 5804703 REV. 9/22



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**LEADER Multi-Purpose Epsom Salt**

## EPSOM SALT

magnesium sulfate granule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:70000-0614
<b>Route of Administration</b>	ORAL, TOPICAL		

**Active Ingredient/Active Moiety**

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
<b>MAGNESIUM SULFATE, UNSPECIFIED</b> (UNII: DE08037SAB) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE, UNSPECIFIED	1 g in 1 g

**Packaging**

<b>#</b>	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:70000-0614-1	1814 g in 1 POUCH; Type 0: Not a Combination Product	02/03/2023	

**Marketing Information**

<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC Monograph Drug	M007	02/03/2023	

**Labeler** - Cardinal Health (Leader) 70000 (063997360)

Revised: 3/2024

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