

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

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

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

100% Money Back Guarantee

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.cardinalhealth.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

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

Active Ingredient/Active Moiety

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

Packaging

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

Marketing Information

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

Labeler - Cardinal Health (Leader) 70000 (063997360)

Revised: 1/2025

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