DRUG FACTS

Purpose Active ingredient(s)

Use(s)

Internal

relieves occasional constipation (irregularity)

generally produces bowel movement in 1/2 to 6 hours

relieves pain from minor sprains and bruises

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 one week

Do not use

Ask a doctor before use if you have

presently taking a prescription drug

Ask a doctor or pharmacist before use if you are

When using this product

do not use more than directed.

Stop use and ask a doctor if

As a laxative,

you have rectal bleeding or no bowel movement after use .

These could be a sign of a serious condition.

you need to use a laxative more than one week.

As a soaking solution,

you have redness, irritation, swelling, or infection occurs.

hot or warm soaks should not be used by individuals with diabetes except with the advice of a physician.

If pregnant or breast-feeding

Keep out of reach of childrenIn case of accidental overdose, seek professional assistance or contact a poison control center immediately.

For Internal Use as a laxative

2-4 level teaspoons dissolved in a full glass (8oz) of water. Adults and Children 12 years of age and older 1-2 level teaspoons dissolved in a full glass (8oz) of water.

children 6 to under 12 years

not recommended for children under 6 years of age.

For External Use as a soaking solution

Adults dissolve 1/2 cup in a quart of water, and apply wet, with towel, etc. As a bathing solution,

2 cups added to the bath water for a refreshing bath after strenuous exertion.

Other information

Inactive ingredients

None