# DRUG FACTS

Purpose Active ingredient(s)

-For relief of occasional constipation (irregularity)

-this product generally produces bowel movement in 1/2 to 6 hours

# Warnings

Warnings

Ask a doctor is you have

- kidney disease
- a magnesium restricted diet
- abdominal pain, nausea, or vomiting
  noticed a sudden change in bowel habits that persists over a period of 2 weeks
  already used a laxative for a period longer than 1 week

Ask a doctor of pharmacist before use if you are taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work. If pregnant or breast-feeding, as a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

## Do not use

Ask a doctor before use if you have

Ask a doctor or pharmacist before use if you are

When using this product

Stop use and ask a doctor if

### If pregnant or breast-feeding

# Keep out of reach of children

## Directions

Directions

-do not exceed more than 2 doses per day -drink a full glass (8 ounces) of liquid with each dose

-dissolve the dose in 8 ounces of water. Lemon juice may be added to improve the taste.

-adults and children 12 years and over: 2 to 4 level teaspoons (10 to 20 grams) daily -children 6 to under 12 years: 1 to 2 level teaspoons (5 to 10 grams) daily -children under 6 years: consult a doctor

## Other information

# Inactive ingredients

Other information

Magnesium content: 495 mg per teaspoon