

Care 

Epsom Salts

Magnesium Sulphate Heptahydrate

Relieves occasional constipation or can be applied to sprains, bruises or boils



IMPORTANT: Peel this label at corner and read **BEFORE** use. Do not tear off, re-fix for future use.

Relieves occasional constipation. Also relieves the pain from sprains, bruises and boils.

Take by mouth for constipation:

Adults, the elderly and children over 12 years:

- Take 1 to 3 x 5ml spoonfuls (5-15g) dissolved in 250ml of water as required.
- The solution may be flavoured with fruit juice.

Do not give internally to children under 12 years old.

For external use:

Adults, the elderly and children:

- Dissolve 1 tablespoonful in a small cup of warm water.
- Apply to the affected skin with cotton wool or lint.

Peel where shown for further precautions.

Active ingredient: magnesium sulphate heptahydrate 100%.

Do not store above 25°C. Store in the original package.

Keep out of the reach and sight of children.

Peel where shown for further information.

Manufactured by the licence holder L.C.M. Ltd., Huddersfield, HD7 5QH, UK for Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

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Peel

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1. Before you use this medicine internally

✘ Do not take the medicine if you have....

- An **allergy** to magnesium sulphate.
- A **blocked intestine**.
- **Kidney problems**.
- **Severe stomach pain**.
- Or give to children with **tapeworm or threadworms**.

⚠ Precautions for use

- Do not use for long periods.
- Make sure enough water is used to avoid dehydration.
- Use with caution if elderly.
- If symptoms persist for more than 7 days ask your doctor for advice.

⚠ Talk to your doctor or pharmacist if you are taking....

- Muscle relaxants e.g. tubocurarine.

⚠ Pregnant or breastfeeding....

Epsom Salts should not be used in pregnancy or breastfeeding unless the doctor has told you to do so.

2. Possible side effects

Like all medicines, Epsom Salts can have side effects, although these don't affect everyone.

Possible side effects are:

- Colic.

Prolonged use may cause an excess of magnesium in the blood. This may cause tiredness and weakness.

If you notice these or any other side effects, stop use and tell your doctor or pharmacist. They will tell you what to do.

3. Further information

⚠ If you accidentally take too much see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

- Do not use after the expiry date. The expiry date refers to the last day of that month.
- Return any unused medicine to the pharmacy for disposal.

The active ingredient is: magnesium sulphate heptahydrate 100%. There are no other ingredients.

What the medicine looks like

Epsom Salts are white granules which are supplied in 300g packs.

This label was revised in April 2010