

**Suggested Use:** As a saline laxative, adults take up to 15 capsules with at least 8 fl. oz. of water, or as directed by a healthcare professional. Do not take for longer than 1 week. This product is for occasional constipation, not a chronic condition.

Company does not adopt any Dr. Clark claims.

**Self Health Resource Center®**

1055 Bay Blvd., Ste A  
Chula Vista, CA 91911

**Customer Service Toll Free:**

(866) DR-CLARK (372-5275)

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



Our products don't contain flow agents like Magnesium Stearate. Not now, not ever.



# DR. CLARK STORE®

## LEADER IN PURITY

Established by Dr. Clark's Family in 1993



# Magnesium Sulfate (Epsom Salt)



Dietary Supplement

1,030 mg | 100 Tapioca Caps

## Supplement Facts

Serving Size: 15 Capsules

Servings Per Container: 6

| Amount Per Serving    |           | % Daily Value |
|-----------------------|-----------|---------------|
| Magnesium Sulfate USP | 15,450 mg | †             |

† Daily Value not established.

Other Ingredients: Plant Based Tapioca Capsules.

**Store at room temperature.**

**Keep away from children.**

**Warning:** Do not take if younger than 16. Do not take if pregnant or breast feeding. Do not take medications 4 hours before or after taking this product and only after talking to your doctor. Do not take if you have kidney disease, a magnesium restricted diet, abdominal pain, or if nauseous or vomiting. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use.

**TEST:** Before using Magnesium Sulfate you can perform this test to assess your risk of an allergic reaction or hypermagnesemia. Do this test 1 week before you perform the Liver Flush. Start with 1 capsule and observe your reaction. The next day take 5 capsules and then 10 capsules the following day and so forth until you get diarrhea. This product generally produces a bowel movement in 30 minutes to 6 hours by increasing water in the intestines.