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## EPSOM SALT – Magnesium Sulfate U.S.P.

MgSO <sub>4</sub> , Anhydrous, % range	99.0-100.5
LOI, %(range)	40.0-520
Heavy Metals (as Lead). %(max)	0.001
Selenium, %(max)	0.0030
Boron, ppm(max)	15
Iron, % non-parenteral (max)	0.002
Iron ppm, parenteral (max)	0.5
pH (in 20% solution)	5.0-9.2
Chloride (as Cl.) (max)	0.005
Bulk Density, Lbs/ft <sup>3</sup> untamped (max)	64
Screen, % USS held on 10 mesh, %(max)	40
USS thru 50 mesh, %(max)	10.0

**Appearance: Colorless crystals, effloresces in warm, dry air**

**Meets Organic Volatile Impurity Limits**

**(the properties shown are typical values, not manufacturing specifications)**

**EPSOM SALT is called for many recipes for Beauty tips such as, making bath salts, salt scrubs, aromatherapy treatments, detox baths and soap making.**

**EPSOM SALT is called for many recipes for Health tips such as, ease stress/improve sleep, help muscles/nerves function properly, regulate enzymes, help prevent artery hardening/blood clots, make insulin more effective, reduce inflammation to relieve pain/muscle cramps, improve oxygen use.**

**EPSOM SALT is called for many recipes for Garden tips as a critical mineral for seed germination, vital to the production of chlorophyll, which plants use to transform sunlight into food, aids in the absorption of phosphorus/nitrogen, two of the most important fertilizer components, makes the primary nutrients (nitrogen, phosphorus & potassium) to make fertilizers more effective.**



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## Epsom Salt Health Benefits

**Studies show these benefits from the major components of Epsom Salt:  
Magnesium:**

- \*Ease stress & improves sleep along with concentration
- \*Help muscles & nerves function properly
- \*Regulate activity of 325 + enzymes
- \*Help prevent artery hardening & blood clots
- \*Make insulin more effective
- \*Reduce inflammation to relieve pain & muscle cramps
- \*Improve oxygen use

### **Sulfates:**

- \*Improve absorption of nutrients
- \*Help form joint proteins, brain tissue & mucin proteins
- \*Help prevent or ease migraine headaches
- \*Stimulates the pancreas to generate digestive enzymes
- \*Help to detoxify the body's residue of medicines & environmental contaminants  
(While increasing magnesium levels, Epsom Salt also delivers sulfates which are extremely difficult to get through food but which readily absorbs through the skin)

### **Starved for Magnesium:**

- 1) Intensive farming practices deplete magnesium from the soil, & magnesium is not a standard component in most fertilizers.
- 2) Most average Americans eat diets far less healthy than their ancestors ate. Typical modern diets are rich in fat, sugar, salt & protein, not only contains less magnesium than a balanced diet does; these same foods actually accelerate the depletion of magnesium from our systems.
- 3) Researchers have found that most Americans have five times as much calcium as magnesium in their bodies; the proper ratio for optimum absorption of both minerals is about two to one.



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## Epsom Salt Natural Beauty Tips

Epsom salts are one of the most effective means of making magnesium (a pure mineral compound) your body needs.

- **For a Relaxing soak:** Add 2 cups of Epsom Salt to the water in a standard size bathtub, double the salt for an oversized tub. Soak for at least 12 minutes, three times weekly. You can add a few drops of essential oils for a refreshing scent.
- **Exfoliate:** Mix 2 cups of Epsom Salt with  $\frac{1}{4}$  cup of petroleum jelly add a few drops of lavender oil. Use the mixture to gently scrub away dry skin patches.
- **Facial:** Mix  $\frac{1}{2}$  tsp. of Epsom Salt into a cleansing cream for a deep-pore cleansing. Massage on skin. Rinse with cool water. Pat dry.
- **Spa treatment:** After showering, massage handfuls of Epsom Salt over wet skin to exfoliate the body.
- **Bath crystals:** Mix 2 cups of Epsom Salts with a few drops of fragrance , add a few drops of food coloring or  $\frac{1}{2}$  tsp. of glycerin and store in an air-tight container.

Dissolved in a bath, researchers have found that Epsom Salt absorbed through the skin helps to replenish the body's levels of magnesium has been shown to ease stress, lower blood pressure , create a happy relaxed feeling and raise energy levels.



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## Epsom Salt Natural Garden Benefits

**Magnesium and sulfur are the two major components of Epsom Salt. Crop researchers have determined that magnesium is:**

- A critical mineral for seed germination.
- Vital to the production of chlorophyll, which plants use to transform sunlight into food.
- An aid in the absorption of phosphorus & nitrogen, two of the most important fertilizer components.

**Sulfur, the other major component of Epsom Salt, is also an important plant nutrient, it may:**

- Contributes to chlorophyll production.
- Make the primary nutrients (nitrogen, phosphorus & potassium) found in most fertilizers more effective.

Although magnesium & sulfur occur naturally in soil, they can be depleted by various conditions, including heavy agricultural use over time. But unlike most commercial fertilizers, which build up in the soil over time, Epsom Salt is not persistent so you can't overuse it. Tests by the National Gardening Assoc. confirm – Roses fertilized with Epsom Salt grow bushier & produce more flowers, while the compound makes pepper plants grow larger than those treated with commercial fertilizer alone.

**Houseplants: 2 tbs. per gallon of water: feed plants monthly**

**Tomatoes: 1 tbs. per foot of plant height: apply every two weeks**

**Roses: 1 tbs. per foot of plant height: apply every two weeks. Also scratch ½ c. into soil at base to encourage flowering canes. Soak unplanted bushes in ½ c. of Epsom salt per gal. of water & add**

**1 tbs. of Epsom Salt to each planting hole.**

**Shrubs: (Evergreens, azaleas, rhododendron) 1 tbs. per 9 square feet. Apply over root zone every 2-4 weeks.**

**Lawns: Apply 3 lbs. for every 1,250 sq. ft. with a spreader, or dilute in water with sprayer.**

**Trees: Apply 2 tbs. per square ft.. Apply over the root zone 3 times annually.**

**Garden Startup: Sprinkle 1 c. per 100 sq. feet. Mix into soil before planting.**



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## Epsom Salt Natural Health News

### USA Weekend newsletter/Issue Sept. 1, 2002

**Mighty magnesium (Overlooked nutrient fights against heart disease, pain & diabetes.)**

Readers constantly ask me, “Am I getting enough calcium?” They rarely ask, “Am I getting enough magnesium?”

Yet that may be the most critical nutritional of the moment. Americans’ intake of magnesium dropped 50% in the last century, and the consequences are alarming. A lack of magnesium underlies our epidemic of heart disease, high blood pressure, diabetes and osteoporosis, says Lawrence Resnick, M.D. a professor of medicine at Cornell Medical Center. Minus magnesium, hearts beat irregularly; arteries stiffen, constrict and clog; blood pressure rises; blood tends to clot; muscles spasm; insulin grows weaker & blood sugar jumps; bones lose strength; and pain signals intensify.

“Many people needlessly suffer pain – including fibromyalgia, migraines & muscle cramps, because they don’t get enough magnesium,” says Mildred Seelig, M.D. a leading magnesium researcher at the University of North Carolina.

Many people worsen the problem by loading up on calcium, which flushes magnesium out of cells, Resnick says. He urges getting at least 1 mg of magnesium for each 2 mg of calcium.

The recommended daily allowance for magnesium is 321 mg for women, 400 mg for men. Many authorities take a 400 mg magnesium supplement daily. Possible side effects: diarrhea or loose stools. “It’s no big deal,” Seelig says, because the body usually adapts, or you can cut back. Avoid magnesium supplements if you have kidney disease. You need extra magnesium if you drink alcohol or if you take diuretics or high doses of calcium. Those all deplete magnesium.