

**EPSOM SALTS RELIEF- magnesium sulfate heptahydrate granule**  
**Blue Cross Laboratories, Inc.**

*Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.*

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**Relief Epsom Salt**

Active Ingredients Purpose

Magnesium Sulfate [heptahydrate]100% Saline Laxative

-For relief of occasional constipation (irregularity)

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

Keep out of reach of children

-For relief of occasional constipation (irregularity)

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

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 or 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, ask 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.

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

Magnesium content: 495 mg per teaspoon

Relief

Epsom Salt

Magnesium Sulfate

A Soaking aid for minor sprains & bruises

Use as a saline laxative

NET WT 16 Oz (1 LB) 454 g



## EPSOM SALTS RELIEF

magnesium sulfate heptahydrate granule

### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:22431-124
Route of Administration	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>MAGNESIUM SULFATE HEPTAHYDRATE</b> (UNII: SK47B8698T) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE HEPTAHYDRATE	100 g in 100 g

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:22431-124-01	1810 g in 1 BAG; Type 0: Not a Combination Product	04/24/2015	
2	NDC:22431-124-02	454 g in 1 BAG; Type 0: Not a Combination Product	04/24/2015	
3	NDC:22431-124-03	454 g in 1 CARTON; Type 0: Not a Combination Product	04/24/2015	
4	NDC:22431-124-04	907 g in 1 BAG; Type 0: Not a Combination Product	04/24/2015	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	07/09/2010	

**Labeler** - Blue Cross Laboratories, Inc. (008298879)

**Registrant** - Blue Cross Laboratories, Inc. (008298879)

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Blue Cross Laboratories, Inc.