

**EPSOM SALT- magnesium sulfate granule
Family Dollar (FAMILY WELLNESS)**

Drug Facts

Active ingredient

Magnesium sulfate USP 100%

Purpose

Saline laxative

Uses

- relieves occasional constipation (irregularity)
- generally produces bowel movement in 1/2 to 6 hours

Warnings

Ask a doctor before use if you have

- kidney disease
- a magnesium restricted diet
- stomach pain, nausea or vomiting
- noticed a sudden change in bowel habits that lasts more than 2 weeks

Ask a doctor or pharmacist before use if you are

presently taking a prescription drug.

When using this product

- **do not use more than directed**

Stop use and ask a doctor if

- you have rectal bleeding or failure to have a bowel movement after use. This may indicate a serious condition.
- you need to use a laxative for more than 1 week

If pregnancy 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 (1-800-222-1222) right away.

Directions

- do not exceed more than 2 doses per day; if necessary repeat dosage in 4 hours

age	dose
adults and children 12 years and older	2-4 level teaspoons dissolved in a full glass (8oz) of water
children 6 to 11 years	1-2 level teaspoons in a full glass (8oz) of water

Not recommended for children under 6 years of age.

Other information

- **each teaspoon contains:** magnesium 495 mg

Inactive Ingredients

None

Questions or comments?

For laxative or soak, call **1-877-753-3935** Monday- Friday 9AM-5PM EST

Principal Display Panel**EPSOM SALTS**

Magnesium Sulfate

Soaking Aid

For minor Sprains and Bruises

Saline Laxative

Relieves Occasional Constipation

NET WT oz kg

TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.

DISTRIBUTED BY:

MIDWOOD BRANDS, LLC

500 VOLVO PARKWAY

CHESAPEAKE, VA 23320

Package Label

TEAR ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.
TEAR ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.

RESEALABLE POUCH TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.
RESEALABLE POUCH TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.



NDC 55319-395-02

Epsom Salt

Magnesium Sulfate

Soaking Aid
For Minor Sprains and Bruises

Saline Laxative
Relieves Occasional Constipation

100% SATISFACTION
OR YOUR MONEY BACK
GUARANTEED

NET WT. 32 oz
(2 lb) / 907 g

Drug Facts

Active ingredient Magnesium sulfate USP 100%	Purpose Saline laxative
--	-----------------------------------

Uses
 ■ relieves occasional constipation (laxative)
 ■ generally produces bowel movement in 1/2 to 4 hours

Warnings
 Ask a doctor before use if you have: ■ kidney disease
 ■ a magnesium restricted diet ■ stomach pain, nausea or vomiting
 ■ noticed a sudden change in bowel habits that lasts more than 2 weeks

Ask a doctor or pharmacist before use if you are presently taking a prescription drug.

When using this product: ■ do not use more than directed

Stop use and ask a doctor if:
 ■ you have rectal bleeding or failure to have a bowel movement after use.
 This may indicate a serious condition.
 ■ you need to use a laxative for more than 1 week

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 (1-800-222-1222) right away.

Directions
 ■ do not exceed more than 2 doses per day, if necessary repeat dosage in 4 hours

age	dose
adults and children 12 years and older	2-4 level teaspoons dissolved in a full glass (8 oz) of water
children 6 to 11 years	1-2 level teaspoons dissolved in a full glass (8 oz) of water

Not recommended for children under 6 years of age.

Other information ■ each teaspoon contains magnesium 405 mg

Inactive ingredient none

Questions or comments?
 For inactive or ask, call 1-877-793-3033 Monday-Friday 9AM-5PM EST

For external use

As a soaking solution:
 Pour 2 cups of epsom salt under warm, running bath water. Soak for 15 minutes, three times a week, to aid minor sprains and bruises.

As a warm compress:
 Dissolve 1 cup of epsom salt in 1 quart of water. Using a towel, apply solution to the affected area for 15-30 minutes to help reduce swelling. Repeat as needed.

Warnings:
 Where prompt relief is not obtained or where there is evidence of irritation or infection, discontinue use and consult a doctor. Do not use if pregnant or diabetic, unless advised by a doctor.

KEEP OUT OF REACH OF CHILDREN. In case of overdose, get medical help or contact a Poison Control Center (1-800-222-1222) immediately.

Store in cool dry place out of direct sunlight. Package sold by weight not volume. Some settling of content may occur during shipment. If shaking occurs, tap pouch gently to free granules.

Epsom Salt is a trusted remedy that is useful every season of the year.

BEAT WINTER BLUES
 Simply dissolve two cups of epsom salt in a warm bath:
 • for a calm and refreshing soak
 • to warm and relax your muscles

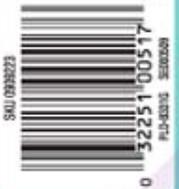
A MINERAL SPRING SPA
 Springtime is your fresh start to working out, after times leading to overexertion.
 Just dissolve two cups of epsom salt in warm bath water, settle in, and experience the relief and relaxation.

FRESH AIR SUMMER SALTS
 Mix 1 cup of epsom salt in 1 quart of cold water to make a compress. Apply with a washcloth as a wet dressing to relieve mild sunburn, mosquito bites, and bee stings.

RELAX INTO AUTUMN
 By dissolving two cups of epsom salt in a warm bath, you'll be able to:
 • revitalize tired and aching muscles
 • feel refreshed and rejuvenated

DISTRIBUTED BY:
 MIDWOOD BRANDS, LLC
 500 VOLVO PARKWAY
 CHESAPEAKE, VA 22320

NOT 100% SATISFIED?
 Return package and unused product within 30 days to any Family Dollar store for a refund (with receipt) or exchange.



SAU 0988223
 0 52251 00517 6
 P11-0310 3880089

FAMILY WELLNESS Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:55319-395
Route of Administration	ORAL, TOPICAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
MAGNESIUM SULFATE, UNSPECIFIED (UNII: DE08037SAB) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE, UNSPECIFIED	1 g in 1 g

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:55319-395-04	1814 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	12/31/2024
2	NDC:55319-395-02	907 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	12/31/2024

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	12/31/2017	12/31/2024

Labeler - Family Dollar (FAMILY WELLNESS) (024472631)

Revised: 12/2023

Family Dollar (FAMILY WELLNESS)