

EPSOM SALT- magnesium sulfate granule, for solution

Your Military Exchange

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.

Drug Facts

TEP

Tamper Evident Packaging:

Caution: this package has been sealed for your protection. Do not use if package is open, torn or mutilated

claim

EPSOM

SALT

MAGNESIUM SULFATE U.S.P.

$\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$

Active ingredient

Magnesium sulfate USP (Heptahydrate) 100%

purpose

Saline laxative

Uses

Uses for Oral Laxative

- for relief of occasional constipation (irregularity)
- this product generally produces bowel movement in 1/2 to 6 hours

For Soaking

Adding Epsom Salt to your bath will help relieve the aches and pains of minor sprains and bruises. Let Epsom Salt do the work while your relax in the bathtub

Warnings

Warnings for Soaking

CAUTION: If prompt relief is not obtained or there is evidence of infection, discontinue use and consult your physician. Hot or warm soaks should not be used by individuals with diabetes except on the advice of a physician. Keep out of reach of children.

Ask a Doctor before use

- 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.

Stop use and ask a doctor

if you have rectal bleeding or failure to have a bowel movement after use. These could be signs of a serious condition.

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 recommended daily dosage
- drink a full glass (8 ounces) of liquid with each dose
- may be taken as a single daily dose or in divided doses
- 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 6 level teaspoons (10 to 30 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

Directions for Soaking

Directions: Pour 2 cups of Epsom Salt in 1 quart of warm water. Using a towel, apply solution to the affected area for 15 - 30 minutes to help relieve the aches and pains of minor sprains and bruises. Repeat as needed.

As a warm compress:

□ Dissolve 1/2 cup of Epsom salt in 1 quart of warm water. Using a towel, apply solution to the affected area for 15-30 minutes to help relieve the aches and pains of minor sprains and bruises. Repeat as needed.

Other information

- magnesium content 495 mg per teaspoon (5 grams)

Adverse reaction section

"SATISFACTION GUARANTEED"

OR YOUR MONEY BACK."

Manufactured For Your Military Exchanges

By: Vi-Jon

8515 Page Avenue, St. Louis, MO 63114

Package Label

Cut along dotted line and press zipper to reseal.

exchange select

EPSOM

SALT

MAGNESIUM SULFATE U.S.P.

$MgSO_4 \cdot 7H_2O$

Saline laxative for relief of

occasional constipation

Soaking aid for minor

sprains and bruises

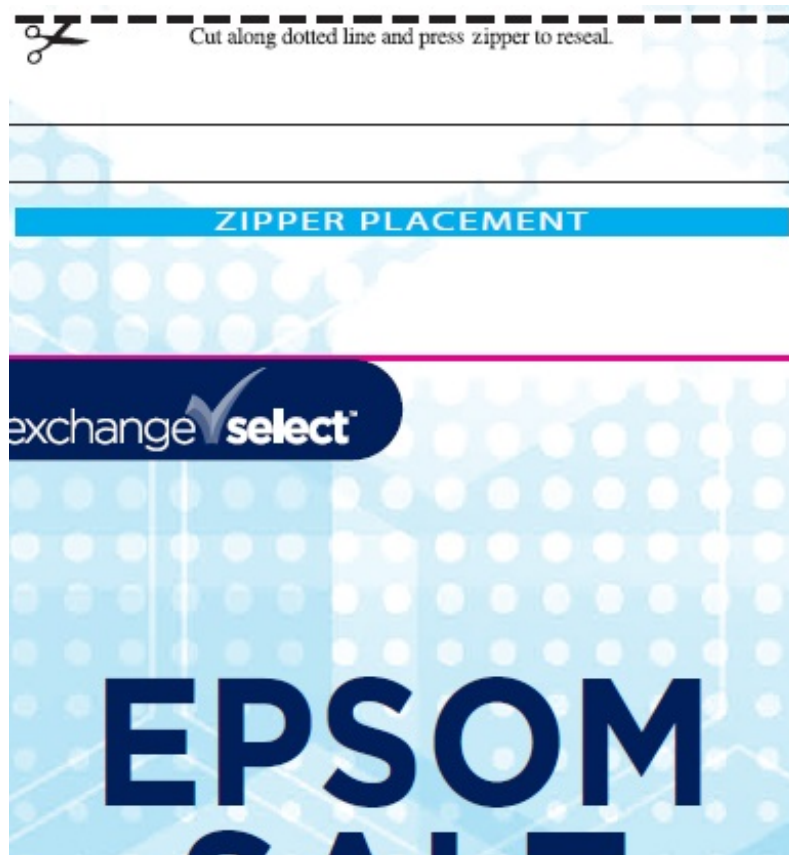
Resealable Pouch

quality

value

NET WT 4 LB

(1.81 kg)



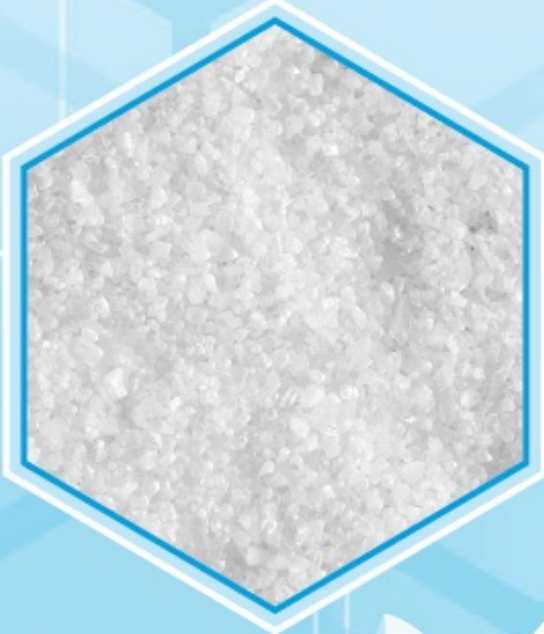
SALI

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EPSOM SALT

magnesium sulfate granule, for solution

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:55301-602
Route of Administration	ORAL, TOPICAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
MAGNESIUM SULFATE HEPTAHYDRATE (UNII: SK47B8698T) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE HEPTAHYDRATE	1 g in 1 g

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:55301-602-07	18 14 g in 1 POUCH; Type 0: Not a Combination Product	12/18/2002	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	12/18/2002	

Labeler - Your Military Exchange (001695568)

Registrant - Vi-Jon (790752542)

Establishment

Name	Address	ID/FEI	Business Operations
Vi-Jon		790752542	manufacture(55301-602)

Revised: 5/2016

Your Military Exchange