

EPSOM SALT- magnesium sulfate granule
Whole Foods Market

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 dissolved in a full glass (8oz) of water

Not recommended for children under 6 years of age.

Other information

- each teaspoon contains: **magnesium 493 mg**

Inactive ingredient

none

Questions or comments?

customer.questions@wholefoods.com • (512)542-0878

Principal Display Panel

365® EVERYDAY VALUE

EPSOM SALTS

MAGNESIUM SULFATE, U.S.P.

+FIRST AID +

SOAKING AID FOR MINOR SPRAINS & BRUISES

SALINE LAXATIVE FOR SHORT-TERM RELIEF FOR CONSTIPATION

Net Wt LB (kg)

DISTRIBUTED BY:

WHOLE FOODS MARKET 550BOWIE STREET, TX 78703

www.wholefoodsmarket.com

MADE IN USA

STORE IN COOL DRY PLACE OUT OF DIRECT SUNLIGHT. PACKAGE SOLD BY WEIGHT NOT VOLUME. SOME SETTLING OF CONTENT MAY OCCUR DURING SHIPMENT. IF CAKING OCCURS, TAP POUCH GENTLY TO FREE GRANULES.

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

SEALED

Package Label



SALINE LAXATIVE INFORMATION

Drug Facts	
Active ingredient	Purpose
Magnesium sulfate USP 100%	Saline laxative
Uses	
<ul style="list-style-type: none"> relieves occasional constipation (irregularity) generally produces bowel movement in 12 to 16 hours 	
Warnings	
<ul style="list-style-type: none"> Ask a doctor before use if you have: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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 at 1-800-222-1222 right away.	
Directions	
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Not recommended for children under 6 years of age.	
Other information	
each teaspoon contains: magnesium 493 mg	
Inactive ingredient none	
Questions or Comments? customerquestions@wholefoods.com (813) 542-0678	

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WHOLE FOODS MARKET
550 BOWIE STREET, AUSTIN, TX 78703
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DIRECTIONS 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 relieve sore, tired muscles.

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

WARNING: 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.

Epsom Salt is useful every season of the year.

BEAT WINTER BLUES
Simply dissolve two cups of epsom salt in a warm bath to:
• reduce stiffness and soreness in joints
• warm and comfort your muscle aches

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

FIRST AID 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:
• reduce soreness in muscles
• 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:
• soak away tiredness and soreness
• soothe away stress

WHOLE FOODS MARKET Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:42681-6412
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

Marketing Start Marketing End

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:42681-6412-1	1814 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2018	12/31/2025
Marketing Information				
	Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
	OTC Monograph Drug	M007	02/28/2018	12/31/2025

Labeler - Whole Foods Market (196175616)

Revised: 1/2024

Whole Foods Market