

**EPSOM SALT- magnesium sulfate granule**  
**Sam's West, Inc**

-----  
**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 toll free **1-877-753-3935** Monday- Friday 9AM-5PM EST

**Principal Display Panel****EPSOM SALTS**

MAGNESIUM SULFATE USP

- Saline Laxative
- Soaking Solution
- Plant Food Supplement
  
- FOR RELIEF OF OCCASIONAL CONSTIPATION
- FOR MINOR SPRAINS, BRUISES & MINERAL BATH
- FOR BIGGER, MORE VIGOROUS PLANT

NET WT OZ ( LBS)

DISTRIBUTED BY

SAM'S WEST, INC.

Bentonville AR 72716

**Package Label**

RESEALABLE POUCH

TEAR ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.

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



NDC 68196-395-07

# Epsom Salt

MAGNESIUM SULFATE USP



Saline Laxative/  
Soaking Solution/  
Plant Food Supplement

- FOR RELIEF OF OCCASIONAL CONSTIPATION
- FOR MINOR SPRAINS, BRUISES & MINERAL BATH
- FOR BIGGER, MORE VIGOROUS PLANTS

NET WT 112 OZ (7 LB/3.17 kg)



**TEAR ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.**  
**TAMPER EVIDENT. DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.**

RESSEALABLE POUCH  
0.125 L

**QUESTIONS OR COMMENTS?**  
 Call us at 1-877-753-3935  
 Monday - Friday 9AM - 5PM EST

**PLASTIC POUCH**  
 how2recycle.info

PL-0289  
 Epsom  
 Epsom Salt  
 LAM'S WEST, INC.  
 BECONSVILLE, MD 21714

**Directions for external use**

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

**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.

**Warning:** When proper 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.

**Further uses**

**Equine Analgesic**  
 Magnesium Sulfate 9.9%  
 Sulfate (Epsom Salt) 12.5%

Derived from Magnesium Sulfate Hexahydrate  
 Guaranteed Analysis by P & L Development, LLC,  
 200 Main Street, Westbury, NY 11590

PO-11738  
 Information regarding the correct use and level of health in this product is available on the Internet at  
<http://www.epson.com/epsom>

**Directions for use**

**Apply to the growing season:** Sprinkle 2 tablespoons around the base of each plant during the growing season.

**Apply as plant food supplement:** Apply at the following rates:

**Lawn:** Three pounds per 1,250 sq. ft.

**Evergreen, Azaleas:** Apply one teaspoon per 8 sq. ft.

**Rhododendrons:** Apply one teaspoon every 2-4 weeks. (2" x 2") over the root zone.

**Trees:** Apply one teaspoon per 8 sq. ft. (1" x 1") over the root zone once every 4 weeks.

**Garden Sprinkling:** Sprinkle approximately one cup per 100 sq. ft. (10' x 10') and mix into soil prior to planting.

**Houseplants:** Mix one teaspoon per gallon of water and add to plants every 1-4 weeks.

For quicker results, water plants after applying the product.

• Do not apply if heavy rain is expected.  
 • Do not apply near to water, storm drains or drainage ditches.  
 • Only apply the product to the intended application site.  
 • Heated fluid binds on an impervious surface and will sweep back onto the lawn.

**Storage Instructions**

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 break granules.

**Drug Facts**

**Active ingredient** Magnesium sulfate USP 100%

**Purpose** Laxative

**Warnings**

- Takes occasional constipation (temporarily)
- Generally produces bowel movement in 1/2 to 6 hours

**Directions**

- Do not exceed more than 2 doses per day; if necessary repeat change in 4 hours
- 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 650 mg

**Inactive ingredient** None

**Questions or comments?** For laxative or more, call toll free 1-877-753-3935 Monday-Friday 9AM-5PM EST

**It's 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, often times leading to overexertion. Just dissolve two cups of epsom salt in warm bath water, get 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 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:  
 • Rejuvenate tired and aching muscles  
 • Feel refreshed and rejuvenated

## MEMBER'S MARK Epsom Salt

### EPSOM SALT

magnesium sulfate granule

#### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:68196-395
<b>Route of Administration</b>	ORAL, TOPICAL		

**Active Ingredient/Active Moiety**

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
<b>MAGNESIUM SULFATE, UNSPECIFIED</b> (UNII: DE080375AB) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE, UNSPECIFIED	1 g in 1 g

**Packaging**

<b>#</b>	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:68196-395-14	2 in 1 PACKAGE, COMBINATION	02/28/2019	
1		3175 g in 1 POUCH; Type 0: Not a Combination Product		
2	NDC:68196-395-07	3175 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2019	

**Marketing Information**

<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC Monograph Drug	M007	02/28/2019	

**Labeler** - Sam's West, Inc (051957769)

Revised: 6/2024

Sam's West, Inc