

**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 in a full glass (8oz) of water

**Not recommended for children under 6 years of age.**

**Inactive Ingredients**

None

**Other information**

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

**Questions or comments?**

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

**Principal Display Panel**

**365® EVERYDAYVALUE**

**EPSOM SALTS**

MAGNESIUM SULFATE USP

+ FIRST +

SOAKING AID FOR MINOR SPRAINS & BRUISES

SALINE LAXATIVE FOR SHORT-TERM RELIEF FOR CONSTIPATION

NET WT OZ (6 LBS) 2.72KG

DISTRIBUTED BY:

WHOLE FOODS MARKET

550 BOWIE STREET, AUSTIN, TX 78703

www.wholefoodsmarket.com

**Made in the 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

RESEALABLE POUCH

NDC 42681-6413-1



# Epsom Salt

## MAGNESIUM SULFATE USP

**± FIRST AID ±**

- SOAKING AID FOR MINOR SPRAINS & BRUISES
- SALINE LAXATIVE FOR SHORT-TERM RELIEF FOR CONSTIPATION

NET WT 6 LB (2.7kg)

### SALINE LAXATIVE INFORMATION

<b>Drug Facts</b>	
<b>Active ingredient</b> Magnesium sulfate USP 100%	<b>Purpose</b> Saline laxative
<b>Uses</b> relieves occasional constipation (irregularity) generally produces bowel movement in 1/2 to 4 hours	
<b>Warnings</b> Ask a doctor before use if you have: kidney disease 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	
<b>Stop use and ask a doctor if</b> 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 1-800-525-1223 right away.	
<b>Directions</b> 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.	
<b>Other information</b> each teaspoon contains: magnesium 493 mg	
<b>Inactive ingredient</b> none	
<b>Questions or Comments?</b> customer_questions@wholefoods.com (812) 542-0878	

**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

DISTRIBUTED BY:  
WHOLE FOODS MARKET  
550 BOWIE STREET, AUSTIN, TX 78705  
©2016 WHOLE FOODS MARKET LP  
www.wholefoodsmarket.com  
MADE IN USA

**WHOLE FOODS MARKET**

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.



**WHOLE FOODS MARKET Epsom Salt**

**EPSOM SALT**

magnesium sulfate granule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:42681-6413
<b>Route of Administration</b>	ORAL, TOPICAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
<b>MAGNESIUM SULFATE, UNSPECIFIED</b> (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:42681-6413-1	2720 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2018	12/31/2025
<b>Marketing Information</b>				
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