

EPSOM SALT- magnesium sulfate granule
Strategic Sourcing Services LLC

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 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**SALINE LAXATIVE****Epsom Salt**

Magnesium Sulfate

Most commonly used as an aid in soaking minor sprains & bruises

Saline laxative for the short-term relief of constipation

Net Wt OZ (lb) g

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

Another Quality Product

Distributed by McKesson

One Post Street, San Francisco, CA 94104

www.healthmart.com

Package Label

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PLD-A331F SE000360

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.

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.

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 caking 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, 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 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

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NDC 62011-0362-1

 **Health Mart.**

SALINE LAXATIVE

Epsom Salt
 Magnesium Sulfate

Most commonly used as an aid in soaking minor sprains & bruises

Saline laxative for the short-term relief of constipation

Net wt **16 oz (1 lb) / 454 g**

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HEALTH MART Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:62011-0362
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:62011-0362-1	454 g in 1 POUCH; Type 0: Not a Combination Product	03/31/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/31/2019	

Labeler - Strategic Sourcing Services LLC (116956644)

Revised: 5/2024

Strategic Sourcing Services LLC