

**HEALTH SMART NATURAL EPSOM SALT- magnesium sulfate granule, for solution**  
**International Wholesale, Inc.**

*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.*

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**Drug Facts**

***Active Ingredient***

Magnesium Sulfate USP (Epsom Salt)

***Purpose***

Internal Use..... Saline Laxative

External Use.....Soaking Solution

***Uses***

***Internal***

- Relieves occasional constipation (irregularity)
- Generally produces bowel movements in 1/2 to 6 hours

***External***

- Relieves pain from major sprains and bruises

***Warnings***

**Ask a doctor before use if you have:**

- 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 presently** taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.

**When using this product, do not use more than directed.**

**Stop and consult a doctor if:**

**As Laxative:**

- you have rectal bleeding or fail to have a bowel movement after use. This may indicate a serious condition
- you need to use a laxative for more than 1 week

**As soaking solution:**

- you have redness, irritation, swelling or infection occurs
- hot or warm soaks should not be used by individuals with diabetes except with the advice of a

physician

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep this and all drugs out of the reach of children.** In the case of an accidental overdose, seek professional assistance or contact a Poison Control Center immediately.

**Directions**

**for Internal Use as a Laxative:**

- do not exceed more than 2 doses per day
- may be taken as a single daily dose or in divided doses
- dissolve each dose in a full (8 ounces) of liquid

<b>Age</b>	<b>Dose</b>
adults and children 12 years and older	2 to 4 level teaspoons (10 to 20 grams) daily
children 6 to under 12 years	1 to 2 level teaspoons (5 to 10 grams) daily

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

**For external use as a soaking solution:**

Add two cups to warm bath water and soak for 20 minutes.

**For external use as a compress:**

Adults dissolve 1 cup Epsom Salt in a quart of warm water, soak towel in solution and apply to affected area for 15 to 30 minutes.

**Other Information**

- dissolve well before use
- magnesium content 495 mg per teaspoon (5 grams)

**Fertilizer Uses - Guaranteed Analysis**

**Magnesium (Mg).....9.87% Water Soluble Magnesium (Mg)**

**Sulfur(S).....12.98% Combined Sulfur(S)**

**Directions for use (Fertilizer)**

**Lawns:** Apply at a rate of 1/2 pound per one thousand square feet of lawn.

**Garden Plants & Shrubbery:** 2 tablespoons around the plant base every 2-4 weeks.

**Trees:** 2 tablespoons over the root zone every 4 months.

**Tomatoes:** 1 teaspoon per foot plant height every 2 weeks.

**Evergreen, Azaleas & Rhododendrons:** 1 tablespoon over root zone every 2-4 weeks.

**Garden Startup:** Mix 1 cup per 100 sq. ft of soil prior to planting.

**Houseplants:** 1 teaspoon per gallon of water and feed plants every 1-4 weeks.

An Epsom Salt bath or soak has been trusted as a natural remedy for minor aches and sprains for hundreds of years. Epsom Salt can help relieve tired, achy muscles by providing Magnesium to help reduce swelling, and Sulfate which helps flush toxins from proteins in joints. Epsom Salt can also be consumed as a natural saline laxative for occasional relief.

EPSOM SALT WITHOUT SCENT CAN BE APPLIED FOR BOTH INTERNAL AND EXTERNAL USE, SCENTED EPSOM SALTS CAN BE APPLIED FOR EXTERNAL USE ONLY.

**MADE IN CHINA . DISTRIBUTED BY:**

**homesmart™**

**PRODUCTS**

**SOUTHFIELD, MI 48075**

**WWW.HOMESMARTPRODUCTS.COM**

**NDC#52862-201**

**Package Label**

HEALTH  
SMART™

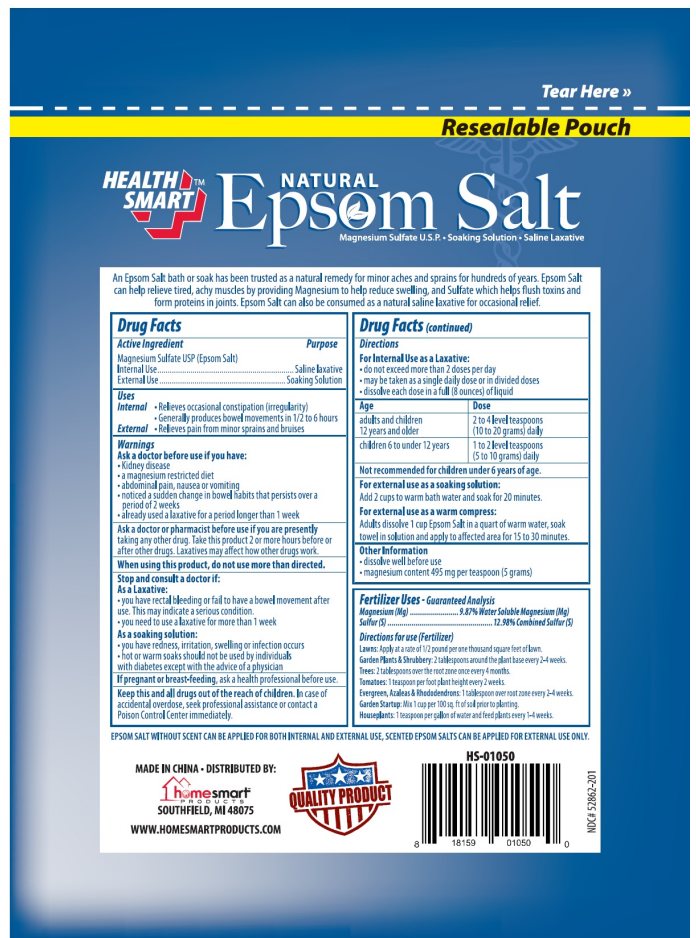
NATURAL  
Epsom Salt

Magnesium Sulfate U.S.P • Soaking Solution • Saline Laxative

*Soothes Minor Aches,  
Sprains & Sore Muscles  
Calming & Rejuvenating*

Original

**NET WT 16 OZ (454g)**



HEALTH SMART NATURAL EPSOM SALT				
magnesium sulfate granule, for solution				
<b>Product Information</b>				
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:52862-201	
Route of Administration	ORAL			
<b>Active Ingredient/Active Moiety</b>				
Ingredient Name		Basis of Strength	Strength	
MAGNESIUM SULFATE (UNII: DE08037SAB) (MAGNESIUM CATION - UNII:T6V3LHY838)		MAGNESIUM SULFATE	1 g in 1 g	
<b>Packaging</b>				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:52862-201-16	454 g in 1 POUCH		
<b>Marketing Information</b>				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC mono graph not final	part334	08/01/2013		

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**Labeler** - International Wholesale, Inc. (161872676)

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