

**EPSOM SALTS RELIEF- magnesium sulfate heptahydrate granule**  
**Blue Cross Laboratories, 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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**Relief Epsom Salt**

Active Ingredients Purpose

Magnesium Sulfate [heptahydrate]100% Saline Laxative

- For relief of occasional constipation (irregularity)
- this product generally produces bowel movement in 1/2 to 6 hours

Keep out of reach of children

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- this product generally produces bowel movement in 1/2 to 6 hours

Warnings

Ask a doctor is 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 of pharmacist before use if you are taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.

If pregnant or breast-feeding, as a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- do not exceed more than 2 doses per day
- drink a full glass (8 ounces) of liquid with each dose
- dissolve the dose in 8 ounces of water. Lemon juice may be added to improve the taste.
- adults and children 12 years and over: 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
- children under 6 years: consult a doctor

Other information

Magnesium content: 495 mg per teaspoon

Relief

Epsom Salt

Magnesium Sulfate

A Soaking aid for minor sprains & bruises

Use as a saline laxative

NET WT 16 Oz (1 LB) 454 g

**Resealable Pouch**

**Tamper resistant packaging. Caution: Do not use if heat sealed pouch is improperly sealed**

**BATH FOR CALMING MOODS**

Natural magnesium, a key ingredient in **RELIEF** Epsom Salt, is a stress reliever. Add 2 cups to your bath and soak away your worries.

**FOOT SOAK FOR SORE FEET**

Epsom Salt is famous for rejuvenating tired feet. Simply add 1 cup to about a gallon of warm water, and soak for at least 5 minutes at a time.

**RELIEF FOR OVEREXERTION & STIFFNESS**

For soothing relief from overexertion and stiffness, draw a bath and add 2 cups of **RELIEF** Epsom Salt. Soak for 15 minutes and let our natural epsom salt do its job. Use in baths, soaks or a whirlpool for those natural benefits. Gentle enough for the whole family.

**For External Use As a Soaking Aid**

**For Minor Sprains and Bruises:**

Dissolve 2 cups of **RELIEF** Epsom Salt per gallon of water. Apply in conjunction with bandages or taweling or use in bath. Use with warm water for best results.

**Warning:**

Where prompt relief is not obtained or where there is evidence of infection, discontinue use and consult physician. Hot or warm soaks should not be used by individuals with diabetes except on advice of physician.

**Caution:**

Keep this and all drugs out of the reach of children. In case of accidental overdose, seek professional assistance or contact a poison control center immediately. Package sold by weight not volume. Some settling of content may occur during shipment. If caking occurs, tap pouch gently to free granules.

**BLUE CROSS LABORATORIES**  
Santa Clarita, CA 91350  
USA



**Drug Facts**

**Active Ingredients** Magnesium sulfate (heptahydrate) 100% . Saline laxative **Purpose**

**Uses**  
■ for relief of occasional constipation (irregularity)  
■ this product 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  
■ 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 taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work. 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 right away.

**Directions**  
■ do not exceed more than 2 doses per day  
■ drink a full glass (8 ounces) of liquid with each dose  
■ dissolve the dose in 8 ounces of water. Lemon juice may be added to improve the taste

adults and children 12 years and over	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
children under 6 years	consult a doctor

**Other information**  
■ magnesium content 495 mg per teaspoon (5 grams)

**Fertilizer uses**

**Guaranteed Analysis**  
Magnesium (Mg) ..... 9.87%  
[9.87% Water Soluble Magnesium (Mg)]  
Sulfur (S) ..... 12.98%  
[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 and Shrubbery:** Sprinkle 2 tablespoons around the base of each plant.

**Tomatoes** ..... One teaspoon per foot plant height every 2 weeks.  
**Lawns** ..... Three pounds per 1250 sq. ft.  
**Evergreen, Azaleas,** ..... Apply one tablespoon per 9 sq. ft. (3'X3') over the root zone every 2-4 weeks.  
**Rhododendrons**  
**Trees** ..... Apply 2 tablespoons per 9 sq. ft. (3'X3') over the root zone once every 4 months.  
**Garden Startup** ..... Sprinkle approximately one cup per 100 sq. ft. (10'X10') and mix into soil prior to planting.  
**Houseplants** ..... Mix one teaspoon per gallon of water and feed to plants every 1-4 weeks.

For quicker results, water plants after applying this product.

CUT TO OPEN

**Resealable Pouch**

*Tamper resistant packaging. Caution: Do not use if heat sealed pouch is improperly sealed*

**RELIEF**

# EPSOM SALT

**MAGNESIUM SULFATE**

- *A soaking aid for minor sprains & bruises*
- *Use as a saline laxative*
- *Great for gardening*

**NET WT 1 LB (454g)**

145

**EPSOM SALTS RELIEF**

magnesium sulfate heptahydrate granule

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:22431-124
<b>Route of Administration</b>	ORAL		

## Active Ingredient/Active Moiety

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
MAGNESIUM SULFATE HEPTAHYDRATE (UNII: SK47B8698T) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE HEPTAHYDRATE	100 g in 100 g

## Packaging

#	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:22431-124-01	1810 g in 1 BAG; Type 0: Not a Combination Product	04/24/2015	
2	NDC:22431-124-02	454 g in 1 BAG; Type 0: Not a Combination Product	04/24/2015	
3	NDC:22431-124-03	454 g in 1 CARTON; Type 0: Not a Combination Product	04/24/2015	
4	NDC:22431-124-04	907 g in 1 BAG; Type 0: Not a Combination Product	04/24/2015	

## 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 not final	part334	07/09/2010	

**Labeler** - Blue Cross Laboratories, Inc. (008298879)

**Registrant** - Blue Cross Laboratories, Inc. (008298879)

## Establishment

<b>Name</b>	<b>Address</b>	<b>ID/FEI</b>	<b>Business Operations</b>
Hefei Yatai Daily Chemical Products Co., Ltd.		654641724	manufacture(22431-124)

Revised: 1/2017

Blue Cross Laboratories, Inc.