

**EPSOM SALT- magnesium sulfate granule**  
**Harris Teeter, LLC**

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**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 495 mg

**Questions or comments?**

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

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

Magnesium Sulfate

Saline Laxative

- Relieves Occasional Constipation
- Soaking Aid For Minor Sprain and Bruises

NET WT oz kg

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

**PROUDLY DISTRIBUTED BY:**

HARRIS TEETER, LLC, MATTHEWS, NC 28105

1-800-432-6111 or harristeeter.com

**Package Label**

*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

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

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**HARRIS TEETER, LLC**  
**MATTHEWS, NC 28105**

 **yourplusguarantee.**  
 1-800-432-6111 or harristeeter.com

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# EPSOM SALT

## Magnesium Sulfate Saline Laxative

- Relieves Occasional Constipation
- Soaking Aid for Minor Sprains and Bruises

NET WT. **64** OZ (4 LB) 1.81 kg

**HARRIS TEETER Epsom Salt**

**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 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 (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 (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 495 mg

**Inactive ingredient** none

**Questions or comments?**

Call 1-877-753-3636 Monday-Friday 9AM-6PM EST

**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

magnesium sulfate granule

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:69256-395
<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:69256-395-01	454 g in 1 POUCH; Type 0: Not a Combination Product	01/31/2018	
2	NDC:69256-395-04	1816 g in 1 POUCH; Type 0: Not a Combination Product	01/31/2018	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	01/31/2018	

**Labeler** - Harris Teeter, LLC (048463103)

Revised: 4/2024

Harris Teeter, LLC