

EPSOM SALT- epsom salt granule
EQUATE (Wal-Mart Stores, Inc.) (see also WAL-MART INC)

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 ingredient

none

Questions or comments?

For laxative or soak, call 1-888-287-1915

Principal Display Panel**EPSOM SALTS**

MAGNESIUM SULFATE, U.S.P.

MULTI-PURPOSE

Soaking aid for minor sprains and bruises

Saline laxative for relief of occasional constipation

Plant food for bigger, more vigorous plants

Net Wt LB (kg)

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

DISTRIBUTED BY: Wal-Mart Stores Inc.,

Bentonville, AR 72716

Package Label

Package Label

CUT ALONG DOTTED LINE. PRESS ZIPPER TO RECLOSE.

Fertilizer uses

Guaranteed Analysis

Magnesium (Mg)	9.8%
9.8% Water Soluble Magnesium (Mg)	
Sulfur (S)	12.9%
12.9% Combined Sulfur (S)	

Derived from Magnesium Sulfate Heptahydrate
Guaranteed Analysis by: P & L Development, LLC,
200 Hicks Street, Westbury, NY 11590

F003544
Information regarding the contents and levels of metals in this product is available on the internet at <http://www.aapfo.org/metals.htm>

Directions for use

Important: Read the entire label before use. Use only at recommended rates. Apply only as directed during the growing season.

Garden Plants and Shrubbery: Sprinkle 2 tablespoons around the base of each plant.

For use as plant food supplement: Apply at the following rates:

Tomatoes, Roses.....Apply 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.

Trees.....Apply two 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.

- Do not apply near to water, storm drains or drainage ditches.*
- Do not apply if heavy rain is expected.*
- Only apply this product to the intended application site.*
- Material that lands on an impervious surface must be swept back onto the lawn.*



Satisfaction guaranteed - Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-800-287-1915.

DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716



equate™

Epsom Salt

MAGNESIUM SULFATE
SALINE LAXATIVE

MULTI-PURPOSE

-  Soaking aid for minor sprains and bruises
-  Relieves occasional constipation
-  Plant food for bigger, more vigorous plants



NET WT 64 OZ
(4 LB) 1.81kg

4 lb

Drug Facts

Active ingredient	Purpose
Magnesium sulfate USP 100%	Saline laxative

Uses

- relieves occasional constipation (regularly)
- generally produces bowel movement in 1/2 to 6 hours

Warnings

- Ask a doctor before use if you have kidney disease
- if a magnesium restricted diet
- if stomach pain, cramps or vomiting
- if 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:

- if you have rectal bleeding or failure to have a bowel movement after use.
- This may indicate a serious condition.
- if 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

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Not recommended for children under 6 years of age.

Other information

- each teaspoon contains magnesium 485 mg

Inactive ingredient none

Questions or comments?
For laxative or ask, call 1-800-287-1915

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 2 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.

EQUATE Epsom Salt

EPSOM SALT epsom salt granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:49035-395
Route of Administration	ORAL, TOPICAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
MAGNESIUM SULFATE, UNSPECIFIED (UNII: DE080375AB) (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:49035-395-08	3630 g in 1 POUCH; Type 0: Not a Combination Product	11/30/2016	
2	NDC:49035-395-04	1814 g in 1 POUCH; Type 0: Not a Combination Product	11/30/2016	
3	NDC:49035-395-01	454 g in 1 POUCH; Type 0: Not a Combination Product	11/30/2016	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	11/30/2016	

Labeler - EQUATE (Wal-Mart Stores, Inc.) (see also WAL-MART INC) (051957769)

Revised: 3/2025

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