

EPSOM SALT- magnesium sulfate granule
Target Corporation

Target Up & Up Epsom Salt

Active ingredient (in each teaspoon)

Magnesium Sulfate (Epsom Salt) 5 g

Purpose

External Use Soaking Solution
Internal Use Saline Laxative

Uses

External

- temporarily relieves minor sprains and bruises

Internal

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

Warnings

As a laxative • Do not give to children under six years of age except under the advice and supervision of a physician.

- **For occasional use only. Serious side effects from prolonged use or overdose may occur.**

Ask a doctor before use if you have:

As a soaking solution

- redness or swelling present
- evidence of an infection
- diabetes - hot and warm soaks should not be used by individuals with diabetes except on advice of a physician

As a laxative

- abdominal pain
 - nausea
 - vomiting
 - kidney disease
- a sudden change in bowel habits that lasts over 2 weeks

- a magnesium-restricted diet

Ask a doctor or pharmacist before use if you are:

As a laxative • taking prescription medication

When using this product

- do not use more than directed

Stop use and ask a doctor if:

As a soaking solution

- you experience redness, irritation, swelling or infection.

As a laxative

- you have no bowel movement within six hours or experience rectal bleeding - these could be signs of a serious condition.
- you have already used a laxative for longer than one week.

If pregnant or breastfeeding

consult a health care professional before use.

Keep out of reach of children.

In case of accidental ingestion or overdose, seek medical attention or contact a Poison Control Center immediately.

Directions

As a soaking solution: Pour 2 cups of Epsom Salt under warm, running bath water. Soak for 20 minutes to relieve sore, tired muscles.

As a warm compress: Dissolve 1 cup of Epsom Salt in 1 quart of warm water. Using a towel, apply solution to the affected area for 15-30 minutes to reduce pain and swelling. Repeat as needed.

As a laxative: If necessary, repeat dosage after 4 hours. Do not take more than 2 doses per day. Drink a full 8 oz of water with each dose.

adults and children 12 years of age and older1-3 level teaspoons dissolved in a full glass (8oz) of water daily.

children 6 to 12 years of age1/2-1 level teaspoons dissolved in a full glass (8oz) of water daily.

Not recommended for children under 6 years of age

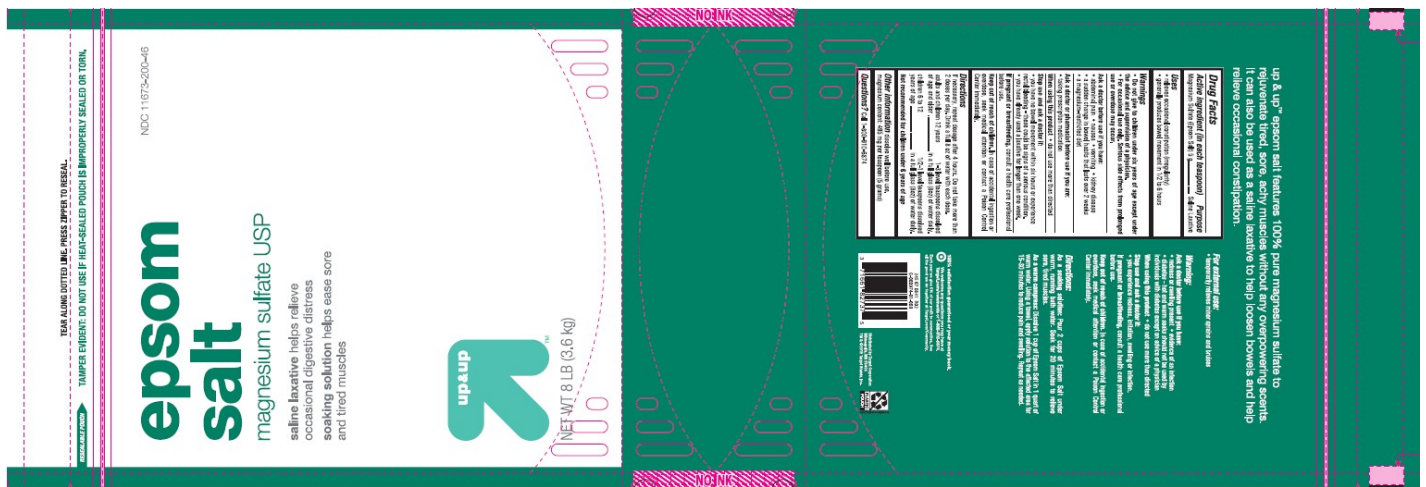
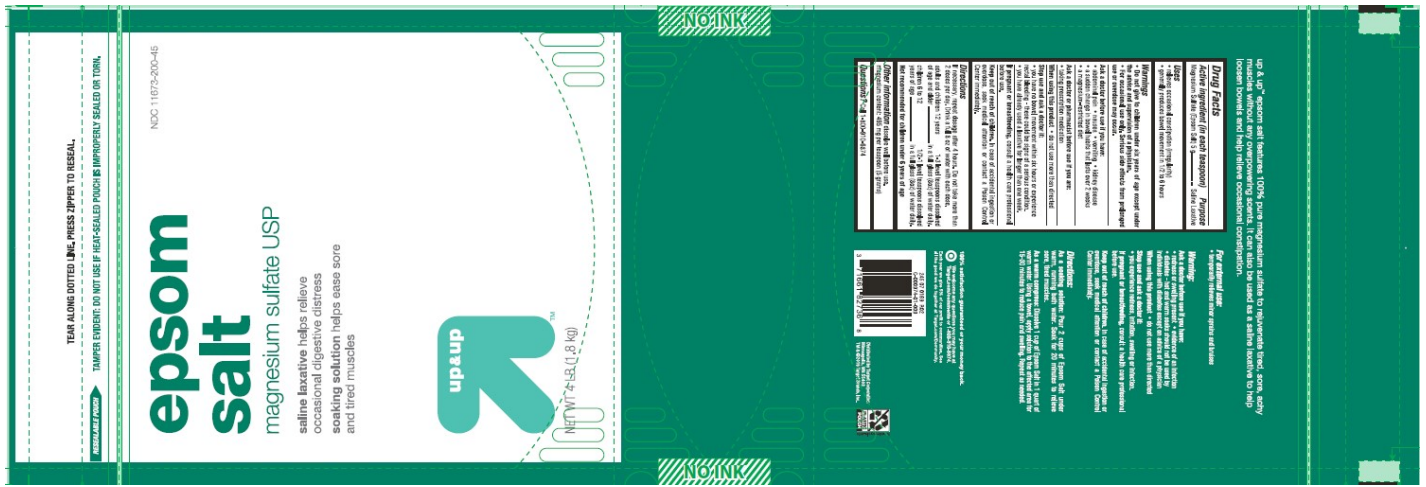
Other information

dissolve well before use.

magnesium content: 495 mg per teaspoon (5 grams)

Inactive ingredient

None



EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:82442-017(NDC:21291-2000)
Route of Administration	TOPICAL, ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
MAGNESIUM SULFATE HEPTAHYDRATE (UNII: SK47B8698T) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE HEPTAHYDRATE	1 g in 1 g

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:82442-017-45	1800 g in 1 POUCH; Type 0: Not a Combination Product	01/15/2019	
2	NDC:82442-017-46	3682 g in 1 POUCH; Type 0: Not a Combination Product	01/15/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	01/15/2019	

Labeler - Target Corporation (006961700)

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