

**EPSOM SALT- epsom salt granule**  
**Rite Aid Corporation**

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

**Principal Display Panel**

**MAGNESIUM SULFATE**

**EPSOM SALTS**

MULTI-PURPOSE

Soaking solution

Saline laxative

Soaking Aid For Minor Sprains and Bruises

Relieves occasional constipation

Net Wt OZ LB (kg)

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

DISTRIBUTED BY:

RITE AID, 30 HUNTER LANE,

CAMP HILL, PA 17011

[www.riteaid.com](http://www.riteaid.com)

Package Label

PACKAGE OPENING

CUT ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.

REWIND PANEL

NDC 11822-4454-3

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.


MAGNESIUM SULFATE

EPSOM SALT

MULTI-PURPOSE


Soaking solution

Saline laxative



Soaking aid for minor sprains and bruises

Relieves occasional constipation



NET WT 96 OZ

(6 LB) 2.72 kg

DISTRIBUTED BY:

RITE AID, 30 HUNTER LANE,


CAMP HILL, PA 17011

www.riteaid.com

SATISFACTION GUARANTEE

If you're not satisfied, we'll happily refund your money.

PLD-B331G SE000598



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Drug Facts

Active ingredient	Purpose
Magnesium sulfate USP 100%	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

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 465 mg

Inactive ingredient

none

Questions or comments?

For laxative or soak, call 1-877-793-3636 Monday-Friday 9AM-5PM 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  
epsom salt granule

Product Information

Product Type

HUMAN OTC DRUG

Item Code (Source)

NDC:11822-4454

<b>Route of Administration</b>	ORAL, TOPICAL
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**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:11822-4454-3	2722 g in 1 POUCH; Type 0: Not a Combination Product	05/28/2021	
2	NDC:11822-4454-1	1361 g in 1 POUCH; Type 0: Not a Combination Product	05/28/2021	
3	NDC:11822-4454-2	545 g in 1 POUCH; Type 0: Not a Combination Product	05/28/2021	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/28/2021	

**Labeler** - Rite Aid Corporation (014578892)

Revised: 7/2025

Rite Aid Corporation