

EPSOM SALT- epsom salt granule Big Lots

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**EPSOM SALTS**

Magnesium Sulfate U.S.P.

Saline Laxative For Relief of Occasional Constipation

Soaking Aid For Minor Sprains and Bruises

Net Wt oz LB (kg)

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

Distributed By:

Big Lots Stores, Inc.

P.O. Box 28523

Columbus, OH 43228-0523

Package Label

CUT ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL. PACKAGE OPENING

5.9" ZIPPER PROFILE
5" OPENING

Epsom Salt
Magnesium Sulfate U.S.P. MgSO₄ • 7H₂O

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.

Distributed By:
Big Lots Stores, Inc.
P.O. Box 28523
Columbus, OH 43228-0523
VF5005202
ITEM#810531770



PREWIND PANEL NDC 50594-395-08


SOUNDBODY™ Quality Assured

Epsom Salt

**Magnesium Sulfate U.S.P.
MgSO₄ • 7H₂O**

Saline Laxative For Relief of Occasional Constipation

Soaking Aid For Minor Sprains and Bruises



Discover the relaxing spa-like qualities of this product in your bath

Net wt. 128 oz (8 lb) / 3.63 kg

Drug Facts

Active Ingredient **Purpose**
Magnesium sulfate USP 100%.....Saline laxative

Uses
• relieves occasional constipation (regularly)
• generally produces bowel movement in 12 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 heaped teaspoon contains magnesium 495 mg

Inactive ingredient none

Questions or comments?
For laxative or soak, call 1-877-783-3838
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.

Warnings:
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.

SOUNDBODY Epsom Salt

EPSOM SALT

epsom salt granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:50594-395
Route of Administration	ORAL, TOPICAL		

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:50594-395-08	3629 g in 1 POUCH; Type 0: Not a Combination Product	04/30/2021	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/30/2021	

Labeler - Big Lots (017885351)

Revised: 1/2025

Big Lots