

EPSOM SALT- magnesium sulfate granule
Meijer, Inc.

Meijer 029.003/029AA
Epsom Salt 3 in 1

Claims

meijer

Epsom Salt

MAGNESIUM SULFATE U.S.P.

Active ingredient

Magnesium sulfate USP (heptahydrate) 100%

Purpose

Saline Laxative

Uses

- for relief of occasional constipation (irregularity)
- this product generally produces bowel movement in 1/2 to 6 hours

Warnings

for this product

Ask a doctor before use if you have

- kidney disease
- a magnesium-restricted diet
- abdominal pain, nausea, or vomiting
- noticed a sudden change in bowel habits that persists over a period of 2 weeks
- already used a laxative for a period longer than 1 week

Ask a doctor or pharmacist before use if you are

taking any other drug. Take this product 2 or more hours before or after other drugs.
Laxatives may affect how other drugs work.

Stop use and ask a doctor if

you have rectal bleeding or failure to have a bowel movement after use. These could be

signs of a serious condition.

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 right away.

Directions

- do not exceed recommended daily dosage
- drink a full glass (8 ounces) of liquid with each dose
- may be taken as a single daily dose or in divided doses
- dissolve the dose in 8 ounces of water. Lemon juice may be added to improve the taste

adults and children 12 years and over - 2 to 6 level teaspoons (10 to 30 grams) daily

children 6 to under 12 years - 1 to 2 level teaspoons (5 to 10 grams) daily

children under 6 years - consult a doctor

Other information

- **each teaspoon (5 grams) contains: magnesium 495 mg**

Inactive Ingredient

None

Questions?

1-888-593-0593

Adverse reaction

DISTRIBUTED BY

MEIJER DISTRIBUTION, INC.

GRAND RAPIDS, MI 49544

www.meijer.com

Side Panel

PLANT FOOD SUPPLEMENT:

For use as a fertilizer apply at the following rates:

Lawns- Apply at a rate of 1/2 pound per one thousand square feet of lawn.

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

For use as a plant food supplement apply at the following rates:

Tomatoes, Roses- One teaspoon per foot plant height every two weeks.

Evergreens, Azaleas, Rhododendrons- Apply one tablespoon per nine sq. ft. (3' x 3') over the root zone every two to four weeks.

Trees- Apply two tablespoons per nine sq. ft. (3' x 3') over root zone once every four months.

Garden Startup- Sprinkle approximately one cup per 100 sq. ft. (10' x 10') and mix into soil prior to planting.

Houseplants- Mix one teaspoon per gallon of water and feed to plants every one to four weeks.

For quicker results water plants after applying this product.

GUARANTEED ANALYSIS*

Magnesium (Mg) 9.8% - 9.8% Soluble Magnesium (Mg)

Sulfur (S) 12.9% - 12.9% Combined Sulfur (S)

Derived from: magnesium sulfate

F003718

Information regarding the contents and levels of metals in this product is available on the Internet at:

<http://www.aapfco.org/metals.html>

*GUARANTEED BY: Vi-Jon, Inc 8515 Page Ave. St. Louis, MO 63114

Side panel

For external use as a soaking aid for minor sprains and bruises.

SOAKING AID DIRECTIONS: For a relaxing bath/soak, generously sprinkle Meijer® Epsom Salt into warm, running bath water.

FOOT SOAK DIRECTIONS: Dissolve this product in a small basin of water. Soak feet for 15-20 minutes.

Caution: If prompt relief is not obtained or there is evidence of infection, discontinue use and consult your physician. Hot or warm soaks should not be used by individuals with diabetes except on the advice of a physician. Keep out of reach of children.

Side panel

Meijer® Epsom salt is useful every season of the year.

Beat winter blues

Simply dissolve two cups of Meijer[®] Epsom Salt in a warm bath to provide soothing relief from stress and stiffness.

A mineral spring spa

Spring is your fresh start to working out and physical activity, often leading to overexertion. Just dissolve Meijer[®] Epsom Salt into warm bath water, settle in, and experience the relief and relaxation.

Summer Salt

By dissolving two cups of Meijer[®] Epsom Salt in a warm bath you'll be able to:

- revitalize tired and aching muscles
- feel refreshed and rejuvenated

Relax into autumn

Dissolve Meijer[®] Epsom Salt into a gallon of warm water. This will soak away tiredness, soreness and help soothe away stress.

OUR QUALITY GUARANTEE

The Meijer Family

www.meijer.com/satisfaction

Principal Panel Display

Cut along dotted line and press zipper to reseal.

Resealable Pouch

Tamper Evident Packaging.

Caution: this package has been sealed for your protection. Do not use if package is open, torn or mutilated.

Value Size! 8 lbs

NDC 41250-929-80

Meijer[®]

epsom salt

MAGNESIUM SULFATE U.S.P.

saline laxative

soaking aid

plant food supplement

Fragrance Free

For relief of occasional constipation

For minor sprains and bruises

For bigger, more vigorous plants

Naturally derived

NET WT 8 LB (3.62 kg)

Epsom Salt

MAGNESIUM SULFATE U.S.P.

NET WT 8 LB (3.62 kg)



Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41250-929
Route of Administration	ORAL		
Active Ingredient/Active Moiety			
Ingredient Name		Basis of Strength	Strength
MAGNESIUM SULFATE HEPTAHYDRATE (UNII: SK47B8698T) (MAGNESIUM		MAGNESIUM SULFATE	1 g

CATION - UNII:T6V3LHY838)

HEPTAHYDRATE

1 9 1 1 9

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41250-929-80	3628 g in 1 POUCH; Type 0: Not a Combination Product	04/10/2017	
2	NDC:41250-929-07	1814 g in 1 PACKAGE; Type 0: Not a Combination Product	12/03/2024	07/09/2025

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	07/03/2013	

Labeler - Meijer, Inc. (006959555)**Registrant** - Vi Jon, LLC (088520668)**Establishment**

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(41250-929)

Revised: 2/2026

Meijer, Inc.