

EPSOM SALT- magnesium sulfate granule, for solution
Grocery Outlet, Inc.

GO HOME & HAVEN 602.002/602AA
Epsom Salt

Tamper Evident Statement

TAMPER EVIDENT PACKAGING:

CAUTION: THIS PACKAGE HAS BEEN SEALED FOR YOUR PROTECTION. DO NOT USE IF PACKAGE IS OPEN, TORN, OR MUTILATED.

Active ingredient

Magnesium sulfate USP (heptahydrate) 100%

Purpose

Saline laxative

Uses

- for relief of occasional constipation (irregularity)
- this product generally produces bowel movement in ½ 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 ingredients

none

Side Panel Claims

GO HOME & HAVEN

Epsom Salt

FOR EXTERNAL USE AS A SOAKING AID FOR MINOR SPRAINS AND BRUISES.

DIRECTIONS: For a relaxing bath/soak, generously sprinkle epsom salt into warm, running bath water.

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.

Simply GO

Brands you love, at prices you adore.

Soak, exhale, repeat.

This premium Epsom Salt (magnesium sulfate) dissolves easily in warm water to create a calming bath. Perfect for me-time after workouts or long days. Resealable for freshness.

That's the Grocery Outlet way.

Adverse Reaction

DISTRIBUTED BY:

Grocery Outlet, Inc.

Emeryville, CA 94608

www.groceryoutlet.com

COUNT ON US

100% MONEY BACK GUARANTEE

PLASTIC

POUCH

Store Drop-off

Recycle if Clean & Dry

how2recycle.info

Principal Display Panel

Cut along dotted line and press zipper to reseal.

NDC 85828-602-07

GO HOME & HAVEN

Epsom Salt

MAGNESIUM SULFATE USP

FRAGRANCE FREE

- soothing and relaxing
- soaking aid

Saline Laxative

For Relief of Occasional Constipation

Soaking Aid

For Minor Sprains and Bruises

NET WT 4 LB (1.81 kg)

Cut along dotted line and press zipper to reseal.

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Drug Facts

Active ingredient	Purpose
Magnesium sulfate USP (heptahydrate) 100%.....Saline Laxative	

Uses

- for relief of occasional constipation (irregularity)
- This product 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
 - 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.

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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 486 mg

Inactive ingredients none

HOME & HAVEN
Epsom Salt
MAGNESIUM SULFATE USP

FRAGRANCE FREE

Saline Laxative
For Relief of Occasional Constipation

Soaking Aid
For Minor Sprains and Bruises

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100% MONEY BACK GUARANTEE

10159 83509

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EPSOM SALT

magnesium sulfate granule, for solution

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:85828-602
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:85828-602-07	1814 g in 1 POUCH; Type 0: Not a Combination Product	11/03/2025	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	11/03/2025	

Labeler - Grocery Outlet, Inc. (029161585)

Registrant - Nice-Pak Products, LLC (119091520)

Establishment

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(85828-602)

Revised: 2/2026

Grocery Outlet, Inc.