

365 WHOLE FOODS MARKET EPSOM SALT- magnesium sulfate granule, for solution

Whole Foods Market, Inc.

**365 Whole Foods Market 602.002/602AA
Epsom Salt**

SALINE LAXATIVE INFORMATION

for this product

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.

age dose

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

Questions or comments?

customer.questions@wholefoods.com

- 1 (844) 936-8255

Adverse Reactions

DISTRIBUTED BY:

WHOLE FOODS MARKET

AUSTIN, TX 78703

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www.wholefoodsmarket.com

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Side Panel Claims

Directions:

Soaking Aid: For a relaxing bath/soak, generously sprinkle 365 Epsom Salt into warm running bath water.

Foot Soak: Dissolve 365 Epsom Salt in a small basin of water. Soak feet for 15-20 minutes.

Epsom Salt is useful every season of the year.

Beat Winter Blahs: Simply dissolve two cups of Epsom salt in a warm bath for a calm and refreshing soak to relax your body.

A Mineral Spring Spa: Springtime in your fresh start. Just dissolve two cups of Epsom salt in warm bathwater, settle in and experience spa-like relaxation.

Summer Salts: Summertime is filled with fun outdoor activities like hiking, playing sports, gardening in your backyard and more! Dissolve two cups of Epsom salt in warm bath water to wash away the day and leave skin feeling refreshed after summer fun activities.

Relax Into Autumn: By dissolving two cups of Epsom salt in a warm bath, you'll be able to indulge your senses and feel refreshed and rejuvenated.

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.

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.

Tamper Evident Packaging. Caution: This package has been sealed for your protection. Do not use if packaging is open, torn or mutilated.

Principal Display Panel

RESEALABLE

NDC 42681-0060-2

365 WHOLE FOODS MARKET

Epsom Salt

Magnesium Sulfate USP

Soaking aid

Saline laxative for relief of occasional constipation

NET WT 6 LB (2.72 kg)

OTC Monograph Drug	M007	01/23/2026	
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Labeler - Whole Foods Market, Inc. (196175616)

Registrant - Nice-Pak Products, LLC (119091520)

Establishment

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(42681-0060)

Revised: 2/2026

Whole Foods Market, Inc.