

**EPSOM SALT- magnesium sulfate granule, for solution**  
**Chain Drug Marketing Association**

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**Quality Choice 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 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**

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

### **Claims**

#### **Epsom Salt**

Saline Laxitive

Magnesium Sulfate U.S.P.

$\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$

#### **For external use as a soaking 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.**

**Adverse reaction**

SATISFACTION GUARANTEED

100% QC

Distributed By:CDMA, Inc.

Novi, MI 48375

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

Questions: 800-935-2362

**Principal display panel**

Cut along dotted line and press zipper to reseal.

NDC 83324-175-16

QC ®

QUALITY

CHOICE

Epsom

Salt

Saline Laxative

Magnesium Sulfate U.S.P.

$\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$

Saline Laxative

For Relief of Occasional Constipation

Soaking Aid

For Minor Sprains and Bruises

NET WT 1 LB (454 g)



## EPSOM SALT

magnesium sulfate granule, for solution

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:83324-175
<b>Route of Administration</b>	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:83324-175-16	454 g in 1 POUCH; Type 0: Not a Combination Product	07/02/2024	
2	NDC:83324-175-04	1814 g in 1 POUCH; Type 0: Not a Combination Product	07/02/2024	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	07/02/2024	

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**Labeler** - Chain Drug Marketing Association (011920774)

**Registrant** - Nice-Pak Products, LLC (119091520)

**Establishment**

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(83324-175)

Revised: 2/2026

Chain Drug Marketing Association