

EPSOM SALT- magnesium sulfate granule
Whole Foods Market

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 493 mg**

Inactive ingredient

none

Questions or comments?

customer.questions@wholefoods.com • (512)542-0878

Principal Display Panel

365® EVERYDAY VALUE

EPSOM SALTS

MAGNESIUM SULFATE, U.S.P.

+FIRST AID +

SOAKING AID FOR MINOR SPRAINS & BRUISES

SALINE LAXATIVE FOR SHORT-TERM RELIEF FOR CONSTIPATION

Net Wt LB (kg)

DISTRIBUTED BY:

WHOLE FOODS MARKET 550BOWIE STREET, TX 78703

www.wholefoodsmarket.com

MADE IN USA

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: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY

SEALED

Package Label

Epsom salt is useful every season of the year.

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

A Mineral Spring Spa: Sprinkle a few fresh salt to working out, or dissolve two leading to overexertion. Just dissolve two

Directions:

Soaking Solution: Add two cups of 565 Epsom salt to warm running bathwater. Soak for at least 15 minutes, three times a week, to soothe tired muscles.

Warm Compress: Dissolve one cup of 565 Epsom salt in one quart of warm water. Using a towel, apply solution to the affected area for 15-20 minutes to help reduce pain and swelling. Repeat as needed.



WHOLE FOODS MARKET Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:42681-6412
Route of Administration	ORAL, TOPICAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
MAGNESIUM SULFATE, UNSPECIFIED (UNII: DE08037SAB) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM SULFATE, UNSPECIFIED	1 g in 1 g

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:42681-6412-2	1814 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2018	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	02/28/2018	

Labeler - Whole Foods Market (196175616)