

**EPSOM SALT- magnesium sulfate granule**  
**Sam's West, Inc**

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**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 in a full glass (8oz) of water

**Not recommended for children under 6 years of age.**

**Other information**

- each teaspoon contains: magnesium 495 mg

**Inactive Ingredients**

None

**Questions or comments?**

For laxative or soak, call toll free **1-877-753-3935** Monday- Friday 9AM-5PM EST

**Principal Display Panel****EPSOM SALTS**

MAGNESIUM SULFATE USP

- Saline Laxative
- Soaking Solution
- Plant Food Supplement
  
- FOR RELIEF OF OCCASIONAL CONSTIPATION
- FOR MINOR SPRAINS, BRUISES & MINERAL BATH
- FOR MORE VIGOROUS PLANTS

NET WT OZ ( LBS)

DISTRIBUTED BY

SAM'S WEST, INC.

BENTONVILLE AR 72716

**Package Label**

RESEALABLE POUCH

TEAR ALONG DOTTED LINE, PRESS ZIPPER TO RESEAL.  
TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.



NDC 68196-395-07

# Epsom Salt

MAGNESIUM SULFATE USP

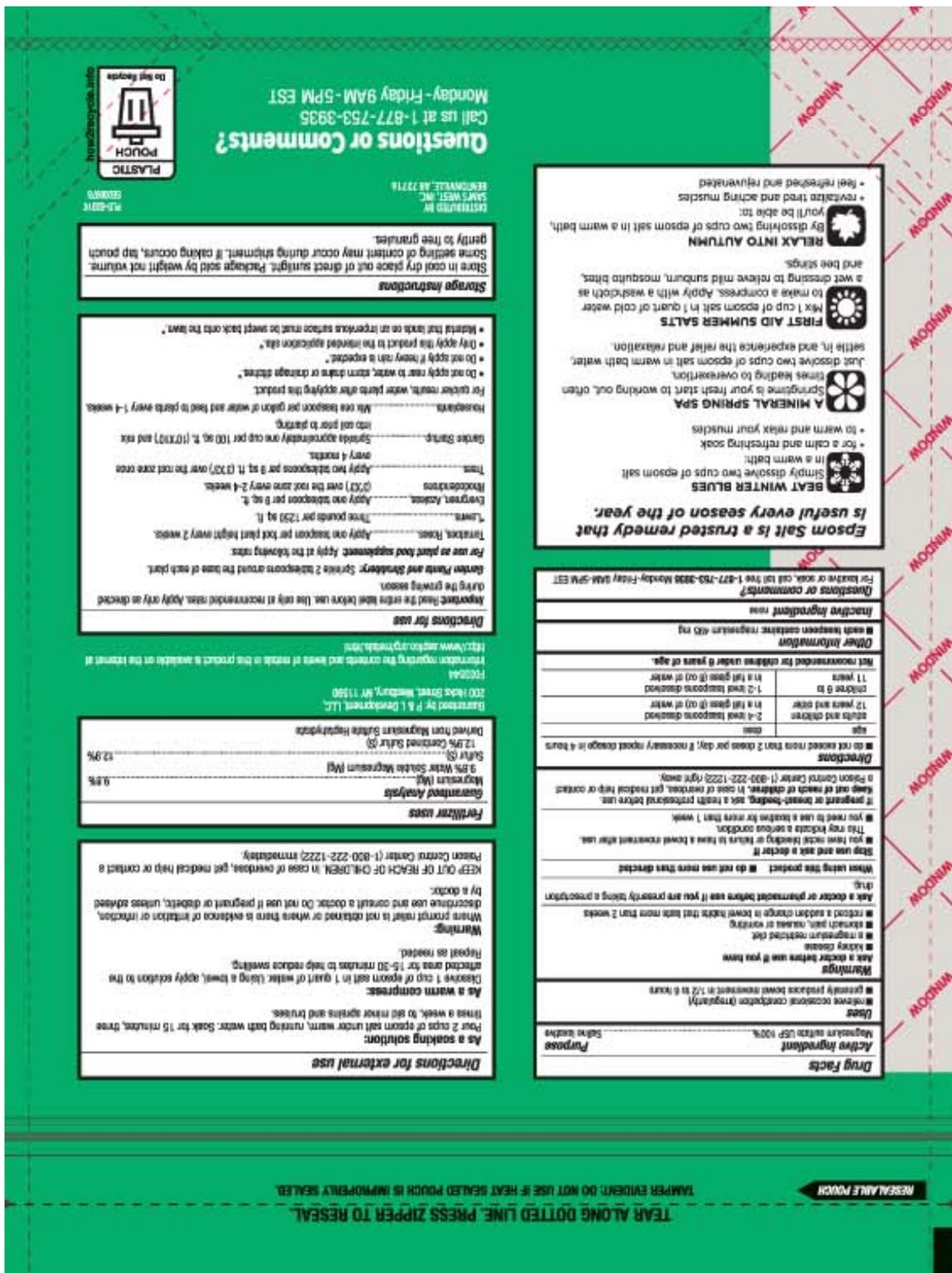


Saline Laxative/  
Soaking Solution/  
Plant Food Supplement

- FOR RELIEF OF OCCASIONAL CONSTIPATION
- FOR MINOR SPRAINS, BRUISES & MINERAL BATH
- FOR MORE VIGOROUS PLANTS

NET WT 112 OZ (7 LB/3.17 kg)





**MEMBER'S MARK (Sams Club) Epsom Salt**

**EPSOM SALT**

magnesium sulfate granule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:68196-395
<b>Route of Administration</b>	ORAL, TOPICAL		

**Active Ingredient/Active Moiety**

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

**Packaging**

<b>#</b>	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:68196-395-14	2 in 1 PACKAGE, COMBINATION	02/28/2019	
1		3175 g in 1 POUCH; Type 0: Not a Combination Product		
2	NDC:68196-395-07	3175 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2019	

**Marketing Information**

<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC Monograph Drug	M007	02/28/2019	

**Labeler** - Sam's West, Inc (051957769)

Revised: 2/2026

Sam's West, Inc