

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

*Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.*

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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.**

### Inactive Ingredients

None

### Other information

- each teaspoon contains: magnesium 495 mg

### 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

for relief of occasional constipation

- Plant food supplement

for bigger, more vigorous plant

- Soaking Solution

for minor sprains, bruises & mineral bath

NET WT OZ ( LBS)

DISTRIBUTED BY

SAM'S WEST, AR 72716

### Package Label

# epsom salt

magnesium sulfate USP



NDC 68196-395-07

## Soaking Solution

for tired and sore muscles

## Soaking Solution

for tired and sore muscles



# epsom salt

magnesium sulfate USP

NDC 68196-395-14



- Saline Laxative for relief of occasional constipation
- Plant food supplement for bigger, more vigorous plants
- Soaking Solution for minor sprains, bruises & mineral bath

2x7 LB BAGS  
(3.17 kg EACH)



Health Benefits



### Questions or Comments?

Call us at 1-877-753-3935  
Monday - Friday 9AM - 5PM EST

Epsom Salt is a trusted remedy that is useful every season of the year.

- BEAT WINTER BLUES**  
Simply dissolve two cups of epsom salt in a warm bath.  
• to lift a chilly and refreshing soak  
• to warm and relax your muscles
- A MINERAL SPRING SPA**  
Fill your epsom salt with warm bath water. Just dissolve two cups of epsom salt in warm bath water, settle in, and experience the relief and relaxation.
- FIRST AID SUMMER SAITS**  
Mix 1 cup of epsom salt in 1 quart of cold water to make a compress. Apply with a washcloth as a wet dressing to relieve mild sunburn, mosquito bites, and bee stings.
- RELAX INTO AUTUMN**  
By dissolving two cups of epsom salt in a warm bath, you'll be able to:  
• stretch tired and achy muscles  
• soothe aches and pains

### Directions for external use

**As a soaking solution:**  
Pour 2 cups of epsom salt under warm, running bath water. Soak for 15 minutes, three times a week, to aid minor sprains and bruises.

**As a warm compress:**  
Dissolve 1 cup of epsom salt in 1 quart of water. Using a towel, apply solution to the affected area for 15-30 minutes to help reduce swelling. Repeat as needed.

**Warning:**  
Where proper relief is not obtained or where there is evidence of infection or infection, discontinue use and consult a doctor. Do not use if pregnant or diabetic, unless advised by a doctor.

**KEEP OUT OF REACH OF CHILDREN.** In case of overdose, get medical help or contact a Poison Control Center (1-800-222-1222) immediately.

**Storage instructions**  
Store in cool dry place out of direct sunlight. Package sold by weight and volume. Some settling of content may occur during shipment. If caking occurs, tap gently to free granules.



- Saline Laxative for relief of occasional constipation
- Plant food supplement for bigger, more vigorous plants
- Soaking Solution for minor sprains, bruises & mineral bath

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## Soaking Solution

for tired and sore muscles



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Drug Facts	Purpose
<b>Active ingredient</b> Magnesium sulfate USP salt.	External use only.
<b>Other ingredients</b> Nonmedicinal ingredients: Fragrance.	
<b>Warnings</b> • Do not use if you are pregnant or breastfeeding. • Do not use if you are allergic to any of the ingredients listed above. • Do not use if you have a known hypersensitivity to any of the ingredients listed above. • Do not use if you have a known hypersensitivity to any of the ingredients listed above.	
<b>Directions</b> For external use only. See the directions on the product packaging for more information.	
<b>Other information</b> Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center (1-800-222-1222) immediately.	
<b>Contains any controlled substances?</b> No.	

Fertilizer uses	Guaranteed Analysis
<b>Guaranteed Analysis</b> Magnesium (Mg) ..... 10.00% Sulfur (S) ..... 10.00%	
<b>Directions for use</b> Apply to soil around plants. Do not apply to plants. Do not apply to water. Do not apply to animals.	
<b>Other information</b> Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center (1-800-222-1222) immediately.	

DISTRIBUTED BY  
SAM'S WEST, INC.  
BENTONVILLE, AR 72716



MEMBER'S MARK 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 not final	part334	02/28/2019	

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

Revised: 2/2022

Sam's West, Inc