

**EPSOM SALT- magnesium sulfate granule**  
**Whole Foods Market**

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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 493 mg**

**Questions or comments?**

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

**Principal Display Panel**

**365® EVERYDAYVALUE**

**EPSOM SALTS**

MAGNESIUM SULFATE USP

+ FIRST +

SOAKING AID FOR MINOR SPRAINS & BRUISES

SALINE LAXATIVE FOR SHORT-TERM RELIEF FOR CONSTIPATION

NET WT OZ (6 LBS) 2.72KG

DISTRIBUTED BY:

WHOLE FOODS MARKET

550 BOWIE STREET, AUSTIN, TX 78703

www.wholefoodsmarket.com

**Made in the 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.**

**Beat Winter Blues:** 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:** Springs is your fresh start to working out, oftentimes leading to overexertion. Just dissolve two cups of Epsom salt in warm bathwater, settle in and experience spa-like relaxation.

**Summer Soak:** Mix one cup of Epsom salt in one quart of cold water to make a compress. Apply with a washcloth as a wet compress.

**Directions:**  
Soaking Soak: Add two cups of 365 Epsom salt to warm running bathwater. Soak for at least 15 minutes, three times a week, for a sore, tired muscles.  
Warm Compress: Dissolve one cup of 365 Epsom salt in one quart of warm water. Using a towel, apply solution to the affected area for 15-30 minutes to help reduce pain and swelling. Repeat as needed.

**SALINE LAXATIVE INFORMATION**

<b>Drug Facts</b>	
<p><b>Warnings</b></p> <p>Do not use with a doctor's prescription or if you are pregnant, nursing, or taking other medications. Do not use if you are taking other laxatives. Do not use if you are taking other medications. Do not use if you are taking other medications. Do not use if you are taking other medications.</p>	
<p><b>Directions</b></p> <p>Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center. If pregnant or breast-feeding, use this medicine only if directed by a doctor. Do not use if you are taking other laxatives. Do not use if you are taking other medications. Do not use if you are taking other medications.</p>	
<p><b>Other Information</b></p> <p>Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center. If pregnant or breast-feeding, use this medicine only if directed by a doctor. Do not use if you are taking other laxatives. Do not use if you are taking other medications. Do not use if you are taking other medications.</p>	
<p><b>Questions? Get answers at</b> <a href="http://www.fda.gov/medwatch">www.fda.gov/medwatch</a></p>	
<p><b>Keep this and all medicine containers out of the reach of children. This medicine contains information that is not meant to be read by children.</b></p>	

**WHOLE FOODS MARKET Epsom Salt**

**EPSOM SALT**

magnesium sulfate granule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:42681-6413
<b>Route of Administration</b>	ORAL, TOPICAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
<b>MAGNESIUM SULFATE, UNSPECIFIED</b> (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:42681-6413-2	2720 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)