

EPSOM SALT- magnesium sulfate granule
WinCo Foods, LLC

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 Ingredients

none

Questions or comments?

For laxative or soak, call **800-824-1706** Monday-Friday 9AM-4PM MST

Principal Display Panel**Epsom Salt****MAGNESIUM SULFATE****SALINE LAXATIVE**

For External Use as a Soaking Solution

For Minor Sprains & Bruises

Net Wt OZ (lb) g

TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.


DISTRIBUTED BY: WINCO FOODS LLC, BOISE, ID 83704

www.wincofoods.com

Package Label

TEAR ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.

RESEALABLE POUCH TAMPER EVIDENT: DO NOT USE IF HEAT SEALED POUCH IS IMPROPERLY SEALED.




Epsom Salt

MAGNESIUM SULFATE/
SALINE LAXATIVE

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For Minor Sprains & Bruises



NET WT 64 oz (4 LB) / 1.81 kg

WINCO FOODS Epsom Salt

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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:
When relief is not obtained or where there is evidence of irritation 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.

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.

WinCo Foods 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:


- for a calm and refreshing soak
- to warm and relax your muscles

A Mineral Spring Spa
Springtime is your fresh start to working out, often times leading to overexertion. Just dissolve two cups of epsom salt in warm bath water, settle in, and experience the relief and relaxation.

First Aid Summer Salts
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:

- revitalize tired and aching muscles
- feel refreshed and rejuvenated




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100% SATISFACTION GUARANTEE

Comments & Questions? 800-824-1706 www.wincofoods.com

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EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:67091-352
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

Marketing Start Marketing End

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:67091-352-04	1.81 g in 1 POUCH; Type 0: Not a Combination Product	07/01/2018	
Marketing Information				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC Monograph Drug	M007	07/01/2018		

Labeler - WinCo Foods, LLC (056098817)

Revised: 2/2025

WinCo Foods, LLC