

EPSOM SALT- magnesium sulfate granule
Safeway, Inc.

Drug Facts

Active ingredient

Magnesium sulfate USP (heptahydrate) 100%

Purpose

Saline laxative

Uses

- for relief of occasional constipation (irregularity)
- this product 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) immediately.

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.

Inactive Ingredients

None

Other information

- each teaspoon contains: magnesium 495 mg

Questions or comments?

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

Principal Display Panel**EPSOM SALTS**

Magnesium Sulfate U.S.P.

Mg SO₄ + 7H₂O

Soaking aid for minor sprains & bruises

Saline laxative for relief of occasional constipation

For external use as a soaking aid for minor sprains and bruises

CAUTION: IF PROMPT RELIEF IS NOT OBTAINED OR THERE IS EVIDENCE OF INFECTION. DISCONTINUE USE AND CONSULT YOUR PHYSICIAN. HOT OR WARM SOAKS SHOULD NOT BE USED BY INDIVIDUALS WITH DIABETES EXCEPT ON THE ADVICE OF A PHYSICIAN. KEEP OUT OF REACH OF CHILDREN.

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 GENTLE TO FREE GRANULES

NET WT OZ (LB) kg

Tamper Evident Packaging: Caution: this package has been sealed for your protection. Do not use if package is open, torn or mutilated

DISTRIBUTED BY:
 BETTER LIVING BRANDS LLC
 P.O. BOX 99, PLEASANTON, CA 94566-0009

Package Label



Epsom Salt
 Magnesium Sulfate U.S.P.
 $MgSO_4 + 7H_2O$

For external use as a soaking aid for minor sprains and bruises.

DIRECTIONS:
 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.
 Pour 2 cups of epsom salt under warm, running bath water. Soak for 15 minutes, three times a week.

CAUTION: IF PROMPT RELIEF IS NOT OBTAINED OR THERE IS EVIDENCE OF INFECTION, DISCONTINUE USE AND CONSULT YOUR PHYSICIAN. HOT OR WARM SOAKS SHOULD NOT BE USED BY INDIVIDUALS WITH DIABETES EXCEPT ON THE ADVICE OF A PHYSICIAN. KEEP OUT OF REACH OF CHILDREN.

PLD-A3316 SE000754
 RD 23C06 SE546



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NDC 21130-970-04

Epsom Salt
 Magnesium Sulfate U.S.P.
 $MgSO_4 + 7H_2O$

Soaking aid for minor sprains & bruises

Saline laxative for relief of occasional constipation

NET WT 64 OZ (4 LB) 1.81 kg

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Epsom Salt
 Magnesium Sulfate U.S.P.
 $MgSO_4 + 7H_2O$

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 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 pregnant 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) immediately.

Directions
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Not recommended for children under 6 years of age.

Other information
 ■ each teaspoon contains: magnesium 485 mg

Inactive ingredient none

Questions or comments?
 For laxative or soak, call 1-877-753-3936 Monday-Friday 9AM-5PM EST

DISTRIBUTED BY:
 BETTER LIVING BRANDS LLC
 P.O. BOX 99, PLEASANTON, CA 94566-0009
 1-888-723-3929

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LOVE IT OR IT'S ON US†





SIGNATURE CARE Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:21130-970
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:21130-970-04	1814 g in 1 POUCH; Type 0: Not a Combination Product	02/01/2023	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	02/01/2023	

Labeler - Safeway, Inc. (009137209)

Revised: 4/2025

Safeway, Inc.