

**EPSOM SALT- epsom salt granule**  
**P & L Development, LLC**

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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 dissolved 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 ingredient**

none

**Questions or comments?**

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

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

MAGNESIUM SULFATE

**SALINE LAXATIVE**

- Relieves occasional constipation
- Soaking aid for minor sprains and bruises

Net Wt LB (kg)

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

**Distributed by:**

PL Developments, 513 Old Griffin Road,  
Piedmont, SC 29673

**Package Label**

CUT ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.

**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

**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 prompt 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.



NDC 49580-0394

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- Soaking aid for minor sprains and bruises

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  - 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) right away.

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**Other information**

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**Inactive ingredient** none

**Questions or comments?**

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**Distributed by:**  
 PL Developments, 513 Old Griffin Road,  
 Piedmont, SC 29673

PLD-B331K SE001015



**4 lb**

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

**Net wt. 64 oz (4 lb) / 1.81 kg**

**WHITE MOUNTAIN Epsom Salt**

**EPSOM SALT**

epsom salt granule

**Product Information**

**Product Type**

HUMAN OTC DRUG

**Item Code (Source)**

NDC:49580-0394

**Route of Administration**

ORAL, TOPICAL

**Active Ingredient/Active Moiety**

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
<b>MAGNESIUM SULFATE, UNSPECIFIED</b> (UNII: DE080375AB) (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:49580-0394-4	1814 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	
2	NDC:49580-0394-1	454 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	
3	NDC:49580-0394-2	907 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	
4	NDC:49580-0394-8	3628 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	
5	NDC:49580-0394-3	1361 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	

**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	12/31/2017	

**Labeler** - P & L Development, LLC (101896231)

Revised: 7/2025

P &amp; L Development, LLC