

EPSOM SALT- magnesium sulfate granule
Freds Inc

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 **1-877-753-3935 Monday- Friday 9AM-5PM EST**

Principal Display Panel**EPSOM SALTS**

Magnesium Sulfate U.S.P.

Soaking Aid

For minor sprains and bruises

Saline Laxative

for relief of occasional constipation

NET WT OZ (LB)

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

DISTRIBUTED BY: fred's Inc.

4300 NEW GETWELL ROAD,

MEMPHIS, TN 38118

www.fredsinc.com

Package Label

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.

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100% satisfaction guaranteed

Questions or comments:
1-855-331-FRED (3733)

PLD-A331F SE000354



0 84579 11874 8

fred's 
Pharmacy

NDC 55315-395-01

Epsom Salt

Magnesium Sulfate U.S.P.



Soaking Aid
for minor sprains and bruises

Saline Laxative
for relief of occasional constipation

NET WT. 16 OZ (1 LB) / 454 g

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Monday-Friday 9AM-5PM EST

FRED'S PHARMACY Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:55315-395
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:55315-395-01	454 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2018	06/30/2024
2	NDC:55315-395-04	1814 g in 1 POUCH; Type 0: Not a Combination Product	02/28/2018	06/30/2024

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	02/28/2018	06/30/2024

Labeler - Freds Inc (005866116)

Revised: 11/2023

Freds Inc