

**EPSOM SALT- magnesium sulfate granule, for solution**  
**Topco Associates LLC**

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**Top Care 029.003/029AA**  
**Epsom Salt 3 in 1**

**Tamper Evident Statement**

TAMPER EVIDENT PACKAGING:

CAUTION: THIS PACKAGE HAS BEEN SEALED FOR YOUR PROTECTION. DO NOT USE IF PACKAGE IS OPEN, TORN OR MUTILATED.

**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**

for this product

**Ask a Doctor before use if you have**

- kidney disease
- a magnesium-restricted diet
- abdominal pain, nausea or vomiting
- noticed a sudden change in bowel habits that persists over a period of 2 weeks
- already used a laxative for a period longer than 1 week.

**Ask a doctor or pharmacist before use if you are**

taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.

**Stop use and ask a doctor if**

you have rectal bleeding or failure to have a bowel movement after use. These could be

signs of a serious condition.

**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 right away.

**directions**

- do not exceed recommended daily dosage
- drink a full glass (8 ounces) of liquid with each dose
- may be taken as a single daily dose or in divided doses
- dissolve the dose in 8 ounces of water. Lemon juice may be added to improve the taste

adults and children 12 years and over - 2 to 6 level teaspoons (10 to 30 grams) daily

children 6 to under 12 years - 1 to 2 level teaspoons (5 to 10 grams) daily

children under 6 years - consult a doctor

**inactive ingredients**

None

**Other information**

- **each teaspoon (5 grams) contains:** magnesium content 495 mg

**Questions?**

1-888-423-0139

**Side panels**

TopCare Health

Epsom Salt

MAGNESIUM SULFATE U.S.P.

MgSO<sub>4</sub> • 7H<sub>2</sub>O

- Soaking Aid for Minor Sprains and Bruises
- Plant Food Supplement for Bigger, More Vigorous Plants
- Saline Laxative for Relief of Occasional Constipation

SOAKING SOLUTION

For external use as a soaking aid for minor sprains and bruises. Discover the relaxing spa like qualities of this product in your bath.

**DIRECTIONS:** For a relaxing bath/soak, generously sprinkle TopCare Epsom Salt into warm, running bath water.

**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.

### 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 leading to overexertion. Just dissolve two cups of epsom salt in warm bath water, settle in and experience the relief and relaxation.

### SOAK IN SUMMER SALTS

Summertime is filled with fun outdoor activities like hiking, playing sports, gardening in your backyard and more. Dissolve two cups of epsom salt in warm bath water to soothe away your muscle aches and pains that summer fun activities can bring.

### 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

#### PLANT FOOD SUPPLEMENT:

For use as a fertilizer apply at the following rates:

<b>Lawns</b>	Apply at a rate of 1/2 pound per one thousand square feet of lawn.
<b>Garden Plants and Shrubbery:</b>	Sprinkle 2 tablespoons around the base of each plant.

For use as a plant food supplement apply at the following rates:

<b>Tomatoes, Roses</b>	One teaspoon per foot plant height every two weeks.
<b>Evergreens, Azaleas, Rhododendrons</b>	Apply one tablespoon per nine sq. ft. (3' x 3') over the root zone every two to four weeks.
<b>Trees</b>	Apply two tablespoons per nine sq. ft. (3' x 3') over root zone once every four months.
<b>Garden Startup</b>	Sprinkle approximately one cup per 100 sq. ft. (10' x 10') and mix into soil prior to planting.
<b>Houseplants</b>	Mix one teaspoon per gallon of water and feed to plants every one to four weeks.

For quicker results water plants after applying this product.

#### GUARANTEED ANALYSIS\*

Magnesium (Mg)..... 9.8%  
9.8% Water Soluble Magnesium  
Sulfur (S) ..... 12.9%  
12.9% Combined Sulfur  
Derived from: Magnesium Sulfate

F-1262

Information regarding the contents and levels of metals in this product is available on the Internet at:  
<https://www.aapfco.org/metals.html>

\*GUARANTEED BY: Vt-Jon, LLC, 8515 Page Ave., St. Louis, MO 63114

## **ADVERSE REACTION**

DISTRIBUTED BY TOPCO ASSOCIATES, LLC

Itasca, IL 60143

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Questions? 1-888-423-0139

topcare@topco.com

www.topcarebrand.com

Scan here for more information or call 1-888-423-0139

QUALITY GUARANTEED

This TopCare product is laboratory tested to guarantee its highest quality.

Your total satisfaction is guaranteed.

## **principal display panel**

Resealable Pouch

NDC 76162-029-80

TopCare<sup>®</sup> health

Epsom Salt

MAGNESIUM SULFATE U.S.P.

MgSO<sub>4</sub> • 7H<sub>2</sub>O

- Soaking Aid for Minor Sprains and Bruises
- Plant Food Supplement for bigger, More Vigorous Plants
- Saline Laxative for Relief of Occasional Constipation

NEW WT 8 LB (3.63 kg)

Cut along dotted line and press zipper to seal

**TAMPER EVIDENT PACKAGING:**  
CAUTION: THIS PACKAGE HAS BEEN  
SEALED FOR YOUR PROTECTION.  
DO NOT USE IF PACKAGE IS OPEN,  
TORN OR MUTILATED.

**Drug Facts**

**Active ingredient**  
Magnesium Sulfate U.S.P.  
(MAGNESIUM SULFATE HEPTAHYDRATE)

**Purpose**  
Saline laxative

**Uses**  
• Relief of occasional constipation (temporary)  
• This product generally produces relief  
onset in 12 to 16 hours

**Warnings**  
• Ask a doctor before use if you have:  
• kidney disease  
• magnesium hypersensitivity  
• labor and pain, nausea, or vomiting  
• or if you are taking or have taken any medicine that  
contains iron or a laxative for a period longer than  
1 week  
• Ask a doctor or pharmacist before use if you are  
taking any other drug. This product may  
interact with other drugs. Laxatives  
may affect the absorption of other drugs.  
Stop use and ask a doctor if you have rectal  
bleeding or failure to have a bowel movement  
after use. These could be signs of a serious  
condition.  
• 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 right away.

**Directions**  
• Do not exceed recommended daily dosage.  
• Use a full glass of water or 8 oz. of juice with each dose.  
• Do not use on a daily basis or for extended periods.  
• Shake the dose in 8 ounces of water. Laxative  
action may be delayed compared to the taste.

**Adults and children 17 to 18 years** 2 to 4 level teaspoons  
per day and once  
• **Children 12 to 16 years** 1 to 2 level teaspoons  
per day and once  
• **Children 6 to 11 years** 1 to 2 level teaspoons  
per day and once  
• **Children under 6 years** consult a doctor

**Other information**  
• Each teaspoonful contains approximately 400 mg  
of magnesium sulfate.

**Questions? 1-800-425-4108**



# Epsom Salt

MAGNESIUM SULFATE U.S.P.  
MgSO<sub>4</sub> • 7H<sub>2</sub>O

- Soaking Aid for Minor Sprains and Bruises
- Plant Food Supplement for Bigger, More Vigorous Plants
- Saline Laxative for Relief of Occasional Constipation



**NET WT 8 LB (3.63 kg)**

**SOAKING SOLUTION:**  
For external use as a soaking aid for  
minor sprains and bruises.

**DIRECTIONS:** For a relaxing bath/soak,  
generously sprinkle TopCare Epsom Salt  
into warm, running bath water.

**CAUTION:** If pruritic 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.

**PLANT FOOD SUPPLEMENT:**  
For use as a fertilizer apply the following rates:

Lawns	Apply 1/2 cup of Epsom salt per 1000 sq. ft.
Border Plants and Shrubs	Apply 1/2 cup around the base of each plant.

For use as a liquid fertilizer apply at the following rates:

Tomatoes, Peas	One teaspoon per gallon of water
Peppers, Beans	Apply one teaspoon per gallon of water
Broccoli	Apply one teaspoon per gallon of water

For use as a liquid fertilizer apply at the following rates:

Flowers	Apply one teaspoon per gallon of water
Vegetables	Apply one teaspoon per gallon of water
Herbs	Apply one teaspoon per gallon of water

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EPSOM SALT				
magnesium sulfate granule, for solution				
Product Information				
<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:76162-029	
<b>Route of Administration</b>	ORAL, TOPICAL			
Active Ingredient/Active Moiety				
Ingredient Name		Basis of Strength	Strength	
MAGNESIUM SULFATE HEPTAHYDRATE (UNII: SK47B8698T) (MAGNESIUM CATION - UNII:T6V3LHY838)		MAGNESIUM SULFATE HEPTAHYDRATE	1 g in 1 g	
Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:76162-029-80	3630 g in 1 POUCH; Type 0: Not a Combination Product	12/01/2021	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	12/01/2021	

**Labeler** - Topco Associates LLC (006935977)

**Registrant** - Nice-Pak Products, LLC (119091520)

## Establishment

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(76162-029)

Revised: 2/2026

Topco Associates LLC