

**EPSOM SALT- epsom salt granule**  
**Good Sense (Geiss, Destin & Dunn, Inc.)**

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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 USP

Saline Laxative

Relieves occasional constipation

Soaking aod for minor sprains and bruises

Net Wt LB (kg)

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

Distributed by: Perrigo Direct, Inc.

Peachtree City, GA 30269

[www.PerrigoDirect.com](http://www.PerrigoDirect.com)

**Package Label**

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

NDC 50304-395-01

GOODSENSE®

# Epsom Salt

**Magnesium Sulfate USP**

**Saline Laxative**

*Relieves occasional constipation*

*Soaking aid for minor sprains and bruises*

**NET WT. 16 oz (1 lb) / 454 g**



**For external use**

For a soaking solution: Pour 2 cups of epsom salt into warm, running water under a hot shower. Allow the water to cool to a comfortable temperature. Soak for 15-20 minutes. Repeat as needed.

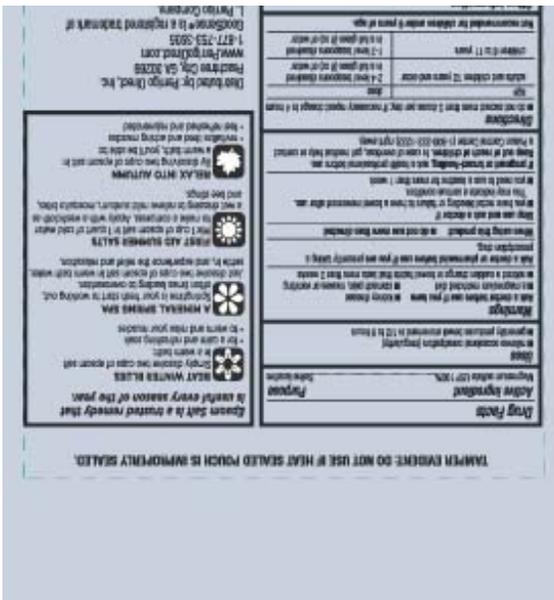
**For a saline laxative:** Dissolve 1 cup of epsom salt in 1 quart of water. Drink a small amount of the solution over the course of the day. Repeat as needed.

**Warnings:** These products are not intended for use in children or infants. If you experience any adverse effects, discontinue use and consult a doctor. Do not use if pregnant or nursing.

**KEEP OUT OF REACH OF CHILDREN. In case of overdose, get medical help or contact a Poison Control Center at 1-800-368-3732 (US only).**

Some uses of epsom salt are not intended for use in children. Please read the instructions carefully and use as directed. Do not use if pregnant or nursing.

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**GOOD SENSE Epsom Salt**

<b>EPSOM SALT</b>				
epsom salt granule				
<b>Product Information</b>				
<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:50804-395	
<b>Route of Administration</b>	ORAL, TOPICAL			
<b>Active Ingredient/Active Moiety</b>				
<b>Ingredient Name</b>		<b>Basis of Strength</b>	<b>Strength</b>	
<b>MAGNESIUM SULFATE, UNSPECIFIED</b> (UNII: DE08037SAB) (MAGNESIUM CATION - UNII:T6V3LHY838)		MAGNESIUM SULFATE, UNSPECIFIED	1 g in 1 g	
<b>Packaging</b>				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:50804-395-04	1814 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	
2	NDC:50804-395-01	454 g in 1 POUCH; Type 0: Not a Combination Product	12/31/2017	
<b>Marketing Information</b>				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC Monograph Drug	M007	12/31/2017		

**Labeler** - Good Sense (Geiss, Destin & Dunn, Inc.) (076059836)

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Revised: 3/2025

Good Sense (Geiss, Destin & Dunn, Inc.)