

EPSOM SALT- epsom salt granule
Strategic Sourcing Services LLC

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
- store in a cool dry place out of direct sunlight

Inactive ingredient

none

Questions or comments?

For laxative or soak, call **1-833-358-6431** Monday to Friday 9:00am to 7:00pmEST

Principal Display Panel

MULTI-PURPOSE

Epsom salt

Magnesium Sulfate

SALINE LAXATIVE

- Relieves Occasional Constipation
- Soaking Aid For Minor Sprains & Bruises

NET WT. OZ (LB) g

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

Distributed by McKesson Corp.,

via Strategic Sourcing Services LLC,

Memphis, TN 38141

www.fosterandthrive.com

Package Label

TEAR ALONG DOTTED LINE. PRESS ZIPPER TO RESEAL.

RESEALABLE POUCH

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

NDC 70677-1210-1

Foster & Thrive™

MULTI-PURPOSE

Epsom Salt

Magnesium Sulfate

SALINE LAXATIVE

- Relieves Occasional Constipation
- Soaking Aid For Minor Sprains & Bruises

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

Inactive ingredient none

Questions or comments?

For laxative or soak, call 833-368-6431 Monday to Friday 9:00am to 7:00pm EST

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.

Rev 06/23 PLD-A331G SE000789



Drug Facts

Active ingredient
Magnesium sulfate USP 100%.....Saline laxative

Purpose

Uses
■ relieves occasional constipation (if regularly)
■ generally produces bowel movement in 1/2 to 6 hours

Warnings
Ask a doctor before use if you have ■ kidney disease ■ stomach pain, nausea or vomiting
■ a magnesium restricted diet
■ 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 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.

Directions
■ do not exceed more than 2 doses per day; if necessary repeat dosage in 4 hours
age
adults and children 12 years and older
2-4 level teaspoons dissolved in a full glass (8 oz) of water
children 6 to 11 years
1-2 level teaspoons dissolved in a full glass (8 oz) of water
Not recommended for children under 6 years of age.

Other information
■ each teaspoon contains: magnesium 495 mg
■ store in a cool dry place out of direct sunlight

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

Epsom Salt is a trusted remedy that is useful every season of the year.

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Memphis, TN 38141
www.fosterandthrive.com

FOSTER & THRIVE Multi-Purpose Epsom Salt

EPSOM SALT

epsom salt granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:70677-1210
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:70677-1210-1	454 g in 1 POUCH; Type 0: Not a Combination Product	07/01/2023	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	07/01/2023	

Labeler - Strategic Sourcing Services LLC (116956644)

Revised: 4/2025

Strategic Sourcing Services LLC