

**EPSOM SALT- magnesium sulfate granule**  
**Publix Super Markets, Inc.**

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**Publix 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

**Claim**

Epsom Salt

SOAKING AID

MAGNESIUM SULFATE U.S.P.

{MgSO<sub>4</sub> • 7H<sub>2</sub>O}

P

**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 495 mg

**ADVERSE REACTION**

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3300 PUBLIX CORPORATE PARKWAY,

LAKELAND, FL 33802

1-888-267-3037 [publix.com](http://publix.com)

PUBLIX GUARANTEE:

COMPLETE SATISFACTION OR YOUR MONEY BACK

Publix

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PLASTIC BAG

[how2recycle.info](http://how2recycle.info)

### **Side panel claims**

Epsom Salt

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### **SOAKING SOLUTION:**

**FOR EXTERNAL USE AS A SOAKING AID FOR MINOT SPRAINS AND BRUISES.**

**DIRECTIONS:**FOR A RELAXING BATH OR SOAK, GENEROUSLY SPRINKLE PUBLIX 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 ADIVCE OF A PHYSICIAN.**

**KEEP OUT OF REACH OF CHILDREN.**

### **Plant Food Supplement:**

**For use as a fertilizer, apply at the following rates:**

**LAWNS**Apply at a rate of ½ pound per one thousand square feet of lawn.

**Garden Plants and Shrubbery**Sprinkle 2 tablespoons around the base of each plant.

**For use as a Plant Food Supplement, apply at the following rates:**

**Tomatoes, Roses**One teaspoon per foot plant height every two weeks.

**Evergreens, Rhododendrons, Azaleas**Apply one tablespoon per nine sq. ft. (3' X 3') over the root zone every two to four weeks.

**Trees**Apply two tablespoons per nine sq. ft. (3' X 3') over root zone once every four months.

**Garden Startup**Sprinkle approximately one cup per 100 sq. ft. (10' X 10') and mix into soil prior to planting.

**Houseplants**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

F003718

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: Vi-Jon, LLC

8515 Page Ave.

St. Louis, MO 63114

**principal display panel**

Cut along dotted line and press zipper to reseal.

Epsom Salt

SOAKING AID

P

MAGNESIUM SULFATE U.S.P.

{MgSO<sub>4</sub> • 7H<sub>2</sub>O}

• **Soaking Aid**

For minor sprains and bruises

• **Saline Laxative**

For relief of occasional constipation

• **Plant Food Supplement**

For bigger, more vigorous plants

NET WT 4 LB (1.81 kg)

Epsom Salt

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SOAKING AID  
Magnesium Sulfate USP  
(MgSO<sub>4</sub> • 7H<sub>2</sub>O)

**Drug Facts**

Active ingredient	Purpose
Magnesium sulfate USP (heptahydrate) 100%	Saline laxative

**Uses**

- for relief of occasional constipation (irregularity)
- this product 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
- abdominal pain, nausea, or vomiting
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- 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

**Other Information**

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

**Inactive Ingredients**

None

**Epsom Salt**  
SOAKING AID  
Magnesium Sulfate USP  
(MgSO<sub>4</sub> • 7H<sub>2</sub>O)

**SOAKING SOLUTION:**  
For external use as a soaking aid for minor sprains and bruises.  
**DIRECTIONS:** FOR A RELAXING BATH OR SOAK, GENEROUSLY SPRINKLE PUBLIX 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.

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

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

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

Tomatoes, Peas	One teaspoon per foot plant height every two weeks.
Tomatoes, Azaleas, Rhododendrons	Apply one tablespoon per nine sq. ft. (3' x 3') over the root zone every two to four weeks.
Trees	Apply five tablespoons per nine sq. ft. (3' x 3') over root zone once every four months.
Garden Shrub	Sprinkle approximately one cup per 100 sq. ft. (10' x 10') and mix into soil prior to planting.
Houseplants	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	

F003718  
Information regarding the contents and levels of metals in this product is available on the internet at <https://www.uspto.org/metals.html>  
\*GUARANTEED BY: W-Jen, LLC 3515 Page Ave. St. Louis, MO 63114

**Magnesium Sulfate USP**  
(MgSO<sub>4</sub> • 7H<sub>2</sub>O)

- Soaking Aid For minor sprains and bruises.
- Saline Laxative For relief of occasional constipation.
- Plant Food Supplement For bigger, more vigorous plants.

NET WT 4 LB (1.81 kg)

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SCAN HERE FOR MORE INFORMATION

EPSOM SALT				
magnesium sulfate granule				
Product Information				
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:56062-952	
Route of Administration	ORAL			
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	Marketing End

#	Item Code	Package Description	Date	Date
1	NDC:56062-952-07	1814 g in 1 POUCH; Type 0: Not a Combination Product	07/03/2013	
2	NDC:56062-952-43	454 g in 1 POUCH; Type 0: Not a Combination Product	07/03/2013	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	07/03/2013	

**Labeler** - Publix Super Markets, Inc. (006922009)

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

## Establishment

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(56062-952)

Revised: 2/2026

Publix Super Markets, Inc.