

**EPSOM SALT- magnesium sulfate granule, for solution
FOODHOLD U.S.A., LLC**

**Care One 602
Epsom Salt**

TEP

Tamper Evident Packaging:

Caution: this package has been sealed for your protection.

Do not use if package is open, torn or mutilated

Claims

Epsom Salt

Magnesium Sulfate U.S.P.

$MgSO_4 \cdot 7H_2O$

Active ingredient

Magnesium sulfate USP (heptahydrate) 100%

Purpose

Saline Laxative

External use soaking aid

Uses

- for relief of occasional constipation (irregularity)
- this product generally produces bowel movement in 1/2 to 6 hours

For external use as a soaking aid for minor sprains and bruises

Warnings

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

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

Directions for Soaking:

Dissolve 2 cups of CareOne Epsom Salt per gallon of water. Apply with bandages or toweling for 30 minutes up to three times a day. For less intensive soak, use 1 or 2 cups in a bath. Use warm water for best results

Other information

- magnesium content 495 mg per teaspoon (5 grams)

INACTIVE INGREDIENT SECTION

None

Adverse Reactions

DISTRIBUTED BY:

FOODHOLD U.S.A., LLC

LANDOVER, MD 20785

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principal display panel

CAREONE

EPSOM

SALKT

MAGNESIUM SULFATE U.S.P.

- SALINE LAXATIVE
- SOAKING AID

For relief of occasional constipation

For minor sprains and bruises

NET WT 16 OZ

(1 LB) 454 g

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Epsom Salt

Magnesium Sulfate U.S.P.
MgSO₄·7H₂O

Drug Facts

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Magnesium Sulfate USP (heptahydrate) 100%...Saline Laxative	

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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.

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- do not exceed recommended daily dosage
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- 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 18 years and over	2 to 5 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

- magnesium content: 486 mg per teaspoon (5 grams)

ZIPPERESEALABLE

CAREONE®

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- SALINE LAXATIVE
- SOAKING AID

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For minor sprains and bruises

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For relief of occasional constipation

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EPSOM SALT

magnesium sulfate granule, for solution

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41520-055
Route of Administration	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:41520-055-43	454 g in 1 POUCH; Type 0: Not a Combination Product	05/06/2015	03/15/2016
2	NDC:41520-055-07	1814 g in 1 POUCH; Type 0: Not a Combination Product	05/06/2015	03/15/2016

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/06/2015	03/15/2016

Labeler - FOODHOLD U.S.A., LLC (809183973)**Registrant** - Consumer Product Partners, LLC (119091520)**Establishment**

Name	Address	ID/FEI	Business Operations
Consumer Product Partners, LLC		119091514	manufacture(41520-055)

Revised: 2/2025

FOODHOLD U.S.A., LLC