

EPSOM SALT- magnesium sulfate granule
Harris Teeter, LLC

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

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
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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 in a full glass (8oz) of water

Not recommended for children under 6 years of age.

Inactive Ingredients

None

Other information

- **each teaspoon contains:** magnesium 495 mg

Questions or comments?

call **1-877-753-3935 Monday- Friday 9AM-5PM EST**

Principal Display Panel

EPSOM SALTS

Magnesium Sulfate

Saline Laxative

- Relieves Occasional Constipation
- Soaking Aid For Minor Sprain and Bruises

NET WT oz kg


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

PROUDLY DISTRIBUTED BY:

HARRIS TEETER, LLC, MATTHEWS, NC 28105

1-800-432-6111 or harristeeter.com

Package Label


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your plus guarantee.

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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.

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


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

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EPSOM SALT

**Magnesium Sulfate
Saline Laxative**

• Relieves Occasional Constipation
 • Soaking Aid for Minor Sprains and Bruises

NET WT. 16 OZ (1 LB) 454 g

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HARRIS TEETER Epsom Salt

EPSOM SALT

magnesium sulfate granule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:69256-395
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:69256-395-01	454 g in 1 POUCH; Type 0: Not a Combination Product	01/31/2018	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date

Labeler - Harris Teeter, LLC (048463103)

Revised: 11/2019

Harris Teeter, LLC