

## **EPSOM SALT- magnesium sulfate granule, for solution**

### **Target Corporation**

*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.*

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### **Up & Up Epsom Salt**

#### ***Active ingredient (in each teaspoon)***

Magnesium Sulfate (Epsom Salt) 5 g

#### ***Purpose***

External Use ..... Soaking Solution

Internal Use ..... Saline Laxative

#### ***Uses***

##### **External**

- temporarily relieves minor sprains and bruises

##### **Internal**

- relieves occasional constipation (irregularity)
- generally produces bowel movement in 1/2 to 6 hours

#### ***Warnings***

**As a laxative • Do not give to children under six years of age except under the advice and supervision of a physician.**

- **For occasional use only. Serious side effects from prolonged use or overdose may occur.**

#### **Ask a doctor before use if you have:**

##### **As a soaking solution**

- redness or swelling present
- evidence of an infection
- diabetes - hot and warm soaks should not be used by individuals with diabetes except on advice of a physician

##### **As a laxative**

- abdominal pain
  - nausea
  - vomiting
  - kidney disease
  - a sudden change in bowel habits that lasts over 2 weeks
  - a magnesium-restricted diet

#### **Ask a doctor or pharmacist before use if you are:**

**As a laxative** • taking prescription medication

**When using this product**

- do not use more than directed

**Stop use and ask a doctor if:**

**As a soaking solution**

- you experience redness, irritation, swelling or infection.

**As a laxative**

- you have no bowel movement within six hours or experience rectal bleeding - these could be signs of a serious condition.
- you have already used a laxative for longer than one week.

**If pregnant or breastfeeding**

consult a health care professional before use.

**Keep out of reach of children.**

In case of accidental ingestion or overdose, seek medical attention or contact a Poison Control Center immediately.

**Directions**

**As a soaking solution:** Pour 2 cups of Epsom Salt under warm, running bath water. Soak for 20 minutes to relieve sore, tired muscles.

**As a warm compress:** Dissolve 1 cup of Epsom Salt in 1 quart of warm water. Using a towel, apply solution to the affected area for 15-30 minutes to reduce pain and swelling. Repeat as needed.

**As a laxative:** If necessary, repeat dosage after 4 hours. Do not take more than 2 doses per day. Drink a full 8 oz of water with each dose.

adults and children 12 years of age and older .....1-3 level teaspoons dissolved in a full glass (8oz) of water daily.

children 6 to 12 years of age .....1/2-1 level teaspoons dissolved in a full glass (8oz) of water daily.

**Not recommended for children under 6 years of age**

**Other information**

dissolve well before use.

magnesium content: 495 mg per teaspoon (5 grams)

**Questions?**

Call 1-800-910-6874

up & up™ epsom salt features 100% pure magnesium sulfate to rejuvenate tired, sore, achy muscles without any overpowering scents. It can also be used as a saline laxative to help loosen bowels and help relieve occasional constipation.

We welcome any questions you may have at [Target.com/comments](https://www.target.com/comments) or 1-800-910-6874

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 Minneapolis, MN 55403

**Inactive ingredient**

None

UP & UP

EPSOM SALT

magnesium sulfate USP

NET WT 4 LB (1.8kg)

NET WT 8 LB (3.6kg)

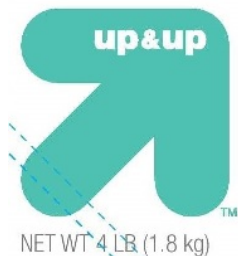
**epsom  
salt**

magnesium sulfate USP

saline laxative helps relieve  
 occasional digestive distress

soaking solution helps ease sore  
 and tired muscles

**FRONT PANEL**



NDC 11673-200-45

up & up™ epsom salt features 100% pure magnesium sulfate to rejuvenate tired, sore, achy muscles without any overpowering scents. It can also be used as a saline laxative to help loosen bowels and help relieve occasional constipation.

**Drug Facts**

**Active ingredient (in each teaspoon) Purpose**  
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 External Use ..... Soaking Solution  
 Internal Use ..... Saline Laxative

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**Internal** • relieves occasional constipation (irregularity)  
 • generally produces bowel movement in 1/2 to 6 hours

**Warnings**

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 • For occasional use only. **Serious side effects from prolonged use or overdose may occur.**

Ask a doctor before use if you have:

As a soaking solution  
 • redness or swelling present • evidence of an infection  
 • diabetes • hot and warm soaks should not be used by individuals with diabetes except on advice of a physician

As a laxative  
 • abdominal pain • nausea • vomiting • kidney disease  
 • a sudden change in bowel habits that lasts over 2 weeks  
 • a magnesium-restricted diet

Ask a doctor or pharmacist before use if you are:

As a laxative • taking prescription medication

When using this product • do not use more than directed

Stop use and ask a doctor if:

As a soaking solution  
 • you experience redness, irritation, swelling or infection.  
 As a laxative  
 • you have no bowel movement within six hours or experience rectal bleeding - these could be signs of a serious condition.  
 • you have already used a laxative for longer than one week.

If pregnant or breastfeeding, consult a health care professional before use.

Keep out of reach of children. In case of accidental ingestion or overdose, seek medical attention or contact a Poison Control Center immediately.

**Drug Facts (continued)**

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Questions? Call 1-800-910-6874

**BACK PANEL**

100% satisfaction guaranteed or your money back.

We welcome any questions you may have at [Target.com/comments](http://Target.com/comments) or 1-800-910-6874.

Each year we give 3% of our profit to communities. See [Target.com/Community](http://Target.com/Community) at the good we do together at Target.com/Community.



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 TM & ©2013 Target Brands, Inc. **PLASTIC TOUCH**

**EPSOM SALT**

magnesium sulfate granule, for solution

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:11673-200
<b>Route of Administration</b>	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:11673-200-45	1800 g in 1 POUCH; Type 0: Not a Combination Product	01/15/2019	
2	NDC:11673-200-46	3682 g in 1 POUCH; Type 0: Not a Combination Product	01/15/2019	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	01/15/2019	

**Labeler** - Target Corporation (006961700)**Registrant** - FRUIT OF THE EARTH, INC. (079559467)**Establishment**

Name	Address	ID/FEI	Business Operations
Fruit of the Earth Inc		080086802	manufacture(11673-200)

Revised: 12/2019

Target Corporation