

**CITROMA- magnesium citrate liquid**  
**UpLift Brands, LLC**

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**Citroma 164.000/164AA-AB**  
**Cherry Magnesium Citrate**

**Active Ingredient**

Magnesium citrate 1.745g

**Purpose**

Saline laxative

**Uses**

- for relief of occasional constipation (irregularity).
- 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 help professional before use.

## **Keep out of reach of children.**

In case of overdose, get medical help or contact a Poison Control Center right away.

Store at temperatures between 46° and 86°F (8° and 30° C)

## **Directions**

- shake well before using
- drink a full glass (8 ounces) of liquid with each dose
- may be taken as a single daily dose or in divided doses

adults and children 12 years of age and over - 6.5 to 10 fl oz in 24 hours

children 6 to under 12 years of age - 3 to 7 fl oz maximum 7 fl oz in 24 hours

children 2 to under 6 years of age - 2 to 3 fl oz in 24 hours

children under 2 years of age - ask a doctor

## **other information**

- **each fl oz contains:** magnesium 290 mg
- **each fl oz contains:** sodium 1 mg

## **Inactive ingredients**

benzoic acid, citric acid, disodium EDTA, flavor, sucralose, water

## **Questions?**

Call 1-866-694-3769

## **Disclaimer**

Non-USP; Non-Carbonated, Non-Pasteurized; Contains Preservatives

## **Adverse Reaction**

Distributed by:

UpLift Brands, LLC

St. Louis, MO 63114

## **Principal display panel**

CITROMA<sup>®</sup>

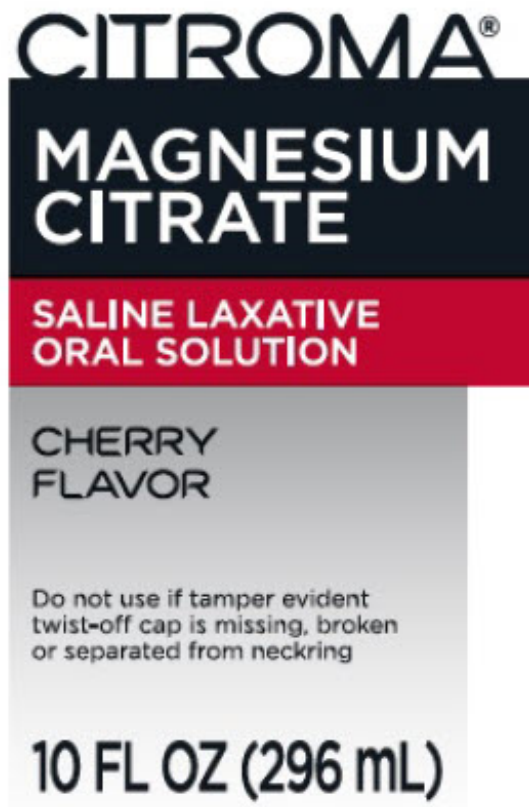
MAGNESIUM CITRATE

SALINE LAXATIVE

ORAL SOLUTION

CHERRY FLAVOR

Do not use if tamper evident twist-off cap is missing, broken or seperated from necking  
10 FL OZ (296 mL)



## CITROMA

magnesium citrate liquid

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:83986-164
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>MAGNESIUM CITRATE</b> (UNII: RHO26O1T9V) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM CITRATE	1.745 g in 29.6 mL

### Inactive Ingredients

Ingredient Name	Strength
<b>BENZOIC ACID</b> (UNII: 8SKN0B0MIM)	

<b>CITRIC ACID MONOHYDRATE</b> (UNII: 2968PHW8QP)	
<b>EDETATE DISODIUM ANHYDROUS</b> (UNII: 8NLQ36F6MM)	
<b>SUCRALOSE</b> (UNII: 96K6UQ3ZD4)	
<b>WATER</b> (UNII: 059QF0KO0R)	

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:83986-164-38	296 mL in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	06/26/2024	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	06/26/2024	

**Labeler** - UpLift Brands, LLC (119091527)

**Registrant** - Consumer Product Partners, LLC (119091520)

### Establishment

Name	Address	ID/FEI	Business Operations
Consumer Product Partners, LLC		119091514	manufacture(83986-164)

Revised: 6/2024

UpLift Brands, LLC