

CITROMA- magnesium citrate liquid
UpLift Brands, LLC

Citroma 164.000/164AA-AB
Cherry Magnesium Citrate

Active Ingredient (in each fl oz)

Magnesium citrate 1.745 g

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 maximum 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 maximum 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[®]

MAGNESIUM CITRATE

SALINE LAXATIVE

ORAL SOLUTION

CHERRY FLAVOR

Do not use if tamper evident twist-off cap is missing, broken or separated from necking

10 FL OZ (296 mL)

CITROMA[®]

MAGNESIUM CITRATE

SALINE LAXATIVE ORAL SOLUTION

CHERRY FLAVOR

Do not use if tamper evident twist-off cap is missing, broken or separated from necking

10 FL OZ (296 mL)

Drug Facts Active ingredient (in each fl oz) Purpose Magnesium citrate 1,745 g Saline laxative	Drug Facts (continued) or contact a Poison Control Center right away. Store at temperatures between 40° and 86° F (8° and 30° C)
Uses ■ for relief of occasional constipation (irregularity). ■ Generally produces bowel movement in ½ to 6 hours	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
Warnings 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. ■ pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help	adults and children 12 years of age and over 6.5 to 10 fl oz maximum 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 maximum 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

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

Distributed By: UpLift Brands, LLC St. Louis, MO 63114 L0021715A

1 98217 00013 2



CITROMA

magnesium citrate liquid

Product Information

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

Active Ingredient/Active Moiety

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

Inactive Ingredients

Ingredient Name	Strength
-----------------	----------

BENZOIC ACID (UNII: 8SKN0B0MIM)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
EDETATE DISODIUM ANHYDROUS (UNII: 8NLQ36F6MM)	
SUCRALOSE (UNII: 96K6UQ3ZD4)	
WATER (UNII: 059QF0K00R)	

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: 5/2025

UpLift Brands, LLC