

**HEALTHMART SALINE SINGLE LAXATIVE- sodium phosphate, dibasic and sodium phosphate, monobasic, unspecified form enema**  
**Strategic Sourcing Services 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.*

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**HealthMart® Saline Enema Single Laxative**

***Drug Facts***

<b><i>Active ingredients (in each 118mL delivered dose)</i></b>	<b><i>Purposes</i></b>
Dibasic Sodium Phosphate 7g	Saline laxative
Monobasic Sodium Phosphate 19g	Saline laxative

**Use**

Relieves occasional constipation

**Warnings**

**For rectal use only.**

**Dosage warning**

**Using more than one enema in 24 hours can be harmful.**

**Ask a doctor before use if you**

- already used a laxative for more than 1 week
- have kidney disease
- have heart problems
- are dehydrated
- are 55 years old or older
- are on a sodium-restricted diet

**Ask a doctor before using any laxative if you have**

- abdominal pain, nausea, or vomiting
- a sudden change in bowel habits lasting more than 2 weeks
- already used a laxative for more than 1 week

**When using this product**

- **do not use more than directed. Serious side effects may occur from excess dosage**
- do not use for more than 3 days

**Stop use and ask a doctor if**

- you have bleeding
- the condition worsens or does not improve within 7 days
- you have no bowel movement within 30 minutes of enema use
- you have symptoms of dehydration (thirstiness, dizziness, vomiting, urinating less often than normal)

These symptoms may indicate a serious condition.

**If pregnant or breast-feeding**, ask a health professional before use.

**Keep out of reach of children.** If swallowed, get medical help or contact a Poison Control Center right away: 800-222-1222.

### Directions

**Single daily dosage (per 24 hours)**

**Do not use more unless directed by a doctor. See Warnings.**

**Do not use if taking another sodium phosphate product.**

Adults and children 12 years old and older	1 bottle once daily
Children 2 to under 12 years old	1/2 bottle once daily
Children under 2 years	DO NOT USE

### Other information

- **each 118 ml contains 4.4 g sodium**
- store at 15 to 30°C (59 to 86°F)
- additional liquids by mouth are recommended while using this product
- this product generally produces a bowel movement in 1 to 5 minutes
- **carton sealed for safety. Do not use if top or bottom flap of the carton is torn or missing**

### Inactive ingredients

benzalkonium chloride, disodium EDTA, purified water

### Questions or comments?

**866-323-0107 or [www.natureplex.com](http://www.natureplex.com)**

Distributed by McKesson

One Post Street, San Francisco, CA 94104

### PRINCIPAL DISPLAY PANEL - 133 ml Bottle Carton

NDC 62011-0271-1

**Health Mart®**  
PHARMACY

compare to  
Fleet® Enema Saline  
active ingredients\*

**complete &  
ready-to-use  
enema  
saline laxative**

for relief of occasional  
constipation

lubricated tip  
works in minutes  
latex free

**4.5 fl oz (133 ml)**  
**single pack**



complete &  
ready-to-use  
**enema**  
saline laxative

PL 31 350B  
V02



compare to  
Fleet® Enema Saline  
active ingredients\*

complete &  
ready-to-use  
**enema**  
saline laxative

for relief of occasional  
constipation



- lubricated tip
- works in minutes
- latex free



**MCKESSON**

Distributed by McKesson  
One Post Street, San Francisco, CA 94104  
Money Back Guarantee  
[www.healthmart.com/healthmartbrand](http://www.healthmart.com/healthmartbrand)  
Made in USA RC15CTR MCKH-PH-1-24N

LOT NO.  
EXP.

**CAUTION:** Remove green protective shield before inserting; hold bottle upright, grasping bottle cap with fingers. Grasp protective shield with other hand, and pull gently to remove.



**Positioning:**  
**Left-side position:** Lie on left side with knee bent and arms resting comfortably.



**Knee-chest position:** Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.



**Administering enema:**

- With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. Doing so helps relax muscles around anus.
- Do not force enema tip into rectum as this can cause injury.
- Squeeze bottle until nearly all liquid is gone. It is not necessary to empty bottle completely, as it contains more liquid than needed.
- Remove tip from rectum and stay in position until urge to evacuate is strong (usually 1 to 5 minutes).



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\*This product is not manufactured or distributed by C.B. Fleet Co., Inc., the distributor of Fleet® Enema Saline.

ready-to-use

- Protective shield prevents contamination
- Comfortable, lubricated tip for ease of insertion
- One-way safety valve controls flow & prevents reflux
- Easy, soft squeeze bottle

**TAMPER EVIDENT: CARTON SEALED FOR SAFETY. IF PRINTED SEAL ON BOTTOM OR TOP FLAP IS BROKEN OR MISSING, DO NOT USE.**

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## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:620 11-0271
<b>Route of Administration</b>	RECTAL		

## Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>Sodium Phosphate, Dibasic, Unspecified Form</b> (UNII: GR686LBA74) (PHOSPHATE ION - UNII:NK08V8K8HR, SODIUM CATION - UNII:LYR4M0NH37)	Sodium Phosphate, Dibasic, Unspecified Form	7 g in 118 mL
<b>Sodium Phosphate, Monobasic, Unspecified Form</b> (UNII: 3980JH2SW) (PHOSPHATE ION - UNII:NK08V8K8HR, SODIUM CATION - UNII:LYR4M0NH37)	Sodium Phosphate, Monobasic, Unspecified Form	19 g in 118 mL

## Inactive Ingredients

Ingredient Name	Strength
<b>Benzalkonium Chloride</b> (UNII: F5UM2KM3W7)	
<b>Edetate Disodium</b> (UNII: 7FLD91C86K)	
<b>Water</b> (UNII: 059QF0K00R)	

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:620 11-0271-1	1 in 1 CARTON	03/20/2012	
1		133 mL in 1 BOTTLE; Type 0: Not a Combination Product		
2	NDC:620 11-0271-2	2 in 1 CARTON	03/20/2012	
2		133 mL in 1 BOTTLE; Type 0: Not a Combination Product		

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC MONOGRAPH NOT FINAL	part334	03/20/2012	

**Labeler** - Strategic Sourcing Services LLC (116956644)

## Establishment

Name	Address	ID/FEI	Business Operations
Natureplex, LLC		062808196	MANUFACTURE(620 11-0271)