

**MAGNESIUM CITRATE- magnesium citrate liquid**  
**The Kroger Co.**

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**Kroger 164.000/164AA R2-AB**  
**Cherry Magnesium Citrate**

**Tamper Evident Statement**

DO NOT USE IF TAMPER EVIDENT TWIST-OFF CAP IS MISSING, BROKEN OR SEPARATED FROM NECKRING.

**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 health professional before use.

**Keep out of reach of children.**

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

**Storage**

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 or comments?**

Call 1-800-632-6900

**Claims**

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

**ADVERSE REACTIONS SECTION**

PROUDLY DISTRIBUTED BY THE KROGER CO.

CINCINNATI, OHIO 45202

‡Our Pharmacist Recommended

QUALITY GUARANTEED [www.kroger.com/guarantee](http://www.kroger.com/guarantee)

800-632-6900

**principal display panel**

NDC 30142-164-38

Kroger® health

Magnesium Citrate

SALINE LAXATIVE

For Illustration Cherry Flavor

RELIEF OF: OCCASIONAL CONSTIPATION

10 FL OZ (296 mL)

**Drug Facts**  
**Active ingredient (in each fl oz) Purpose**  
 Magnesium citrate 1.745 g Saline laxative

**Uses** ■ for relief of 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  
 ■ 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 a health professional before use. Keep out of reach of children. In case of overdose, get medical help

**Drug Facts (continued)**  
 or contact a Poison Control Center right away.  
 Store at temperatures between 40° and 80° F (4° 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 8.5 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 280 mg  
 ■ each fl oz contains sodium 1 mg

**Inactive ingredients** benzoic acid, citric acid, disodium EDTA, flavor, sucralose, water

**Questions or comments?** call 1-800-632-6900

DO NOT USE IF TAMPER EVIDENT TWIST-OFF CAP IS MISSING, BROKEN OR SEPARATED FROM NECKING

PROBABLY DISTRIBUTED BY THE INDUSTRY CO. (NDC) 30142-164-38  
 YOUR PHARMACIST RECOMMENDED  
 Quality Guaranteed Kroger.com/guarantee  
 800-632-6900

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L002263 USA

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

**MAGNESIUM CITRATE**

magnesium citrate liquid

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:30142-164
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
<b>MAGNESIUM CITRATE</b> (UNII: RHO2601T9V) (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: 059QF0KOOR)	

## Product Characteristics

<b>Color</b>		<b>Score</b>	
<b>Shape</b>		<b>Size</b>	
<b>Flavor</b>	CHERRY	<b>Imprint Code</b>	
<b>Contains</b>			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:30142-164-38	296 mL in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	02/18/2018	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	02/18/2018	

**Labeler** - The Kroger Co. (006999528)

**Registrant** - Nice-Pak Products, LLC (119091520)

## Establishment

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(30142-164)

Revised: 2/2026

The Kroger Co.