

**FREDS SALINE TWIN PACK LAXATIVE- sodium phosphate, dibasic, unspecified form and sodium phosphate, monobasic, unspecified form enema  
FRED'S**

*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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**FRED'S SALINE ENEMA TWIN PACK  
LAXATIVE**

***Drug Facts***

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

**Use**

- relieves occasional constipation
- this product generally produces a bowel movement in 1 to 5 minutes

**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 3 days
- have kidney disease, have heart problems, or are dehydrated
- are 55 years old or older
- are on a sodium-restricted diet
- have abdominal pain, nausea, or vomiting
- have a sudden change in bowel habits lasting more than 2 weeks

**Ask a doctor or pharmacist before use if you** are taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

**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 without asking a doctor

**Stop use and ask a doctor if**

- you have rectal bleeding
- 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 (or as directed by a doctor)**

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

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

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

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

**Other information**

- **each 118 ml contains 4.3 g sodium**
- store at 15 to 30°C (59 to 86°F)
- additional liquids by mouth are recommended while using this product
- **Tamper Evident: DO NOT USE IF TOP OR BOTTOM FLAP OF 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: fred's, Inc.**

**4300 NEW GETWELL RD, MEMPHIS, TN 38118**

**PRINCIPAL DISPLAY PANEL - 133 mL Bottle Carton**

NDC 55315-301-01

fred's  
Pharmacy

SALINE  
enema  
TWIN PACK

For Relief of  
Occasional  
Constipation

Ready-to-Use  
Soft, Easy to use Bottle  
Not Made with Natural  
Rubber Latex

2  
BOTTLES  
4.5 FL OZ (133 mL) each

Compare To

Computer  
Fleet®\*

**CAUTION:**  
REMOVE BLUE  
PROTECTIVE  
SHIELD FROM  
ENEMA TIP  
BEFORE  
INSERTING  
PL4102B  
V15

TWIN PACK

enema

SALINE

fred's  
Pharmacy

fred's  
Pharmacy

SALINE

enema

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Rubber Latex

2 BOTTLES

Compare To

2 BOTTLES  
4.5 FL OZ (133 mL) each

Fleet®\*

CARTON SEALED  
FOR SAFETY. DO  
NOT USE IF TOP  
OR BOTTOM  
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MISSING.

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### Drug Facts (continued)

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### HOW TO USE THIS ENEMA

- REMOVE BLUE PROTECTIVE SHIELD BEFORE INSERTING.** Hold bottle upright grasping bottle cap with fingers. Grasp protective shield with other hand, and pull gently to remove.



- 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).

- POSITIONING:**

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



Complete Enema In A  
Disposable Squeeze  
Bottle With Soft,  
Flexible Tip

■ you have symptoms of dehydration (thirstiness, dizziness, vomiting, urinating less often than normal)  
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Keep out of reach of children.  
 If swallowed, get medical help or contact a Poison Control Center right away:  
 800-222-1222.

**Pre-Lubricated Tip.**

Protective Shield Prevents Contamination

Comfortable, Lubricated Tip For Ease Of Insertion

One-Way Safety Valve Controls Flow And Prevents Reflux

Soft, Easy To Use Bottle



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



**Bottle, cap, and shield are NOT MADE WITH NATURAL RUBBER LATEX**

Allergic reaction to materials containing Latex is a growing and serious medical problem.

DISTRIBUTED BY: fred's, Inc.  
 4300 NEW GETWELL RD, MEMPHIS, TN 38118  
 www.fredsinc.com



\* This product is not manufactured or distributed by C.B. Fleet Company Inc., owner of the registered trademark Fleet®.

**FREDS SALINE TWIN PACK LAXATIVE**

sodium phosphate, dibasic, unspecified form and sodium phosphate, monobasic, unspecified form enema

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:55315-301
<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, PHOSPHATE ION - UNII:NK08V8K8HR)	SODIUM PHOSPHATE, DIBASIC, UNSPECIFIED FORM	7 g in 133 mL
<b>SODIUM PHOSPHATE, MONOBASIC, UNSPECIFIED FORM</b> (UNII: 3980JIH2SW) (PHOSPHATE ION - UNII:NK08V8K8HR, SODIUM CATION - UNII:LYR4M0NH37)	SODIUM PHOSPHATE, MONOBASIC, UNSPECIFIED FORM	19 g in 133 mL

**Inactive Ingredients**

Ingredient Name	Strength
<b>BENZALKONIUM CHLORIDE</b> (UNII: F5UM2KM3W7)	

EDETATE DISODIUM (UNII: 7FLD91C86K)

WATER (UNII: 059QF0KO0R)

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:55315-301-01	2 in 1 CARTON	12/20/2019	
1		133 mL in 1 BOTTLE, PLASTIC; Type 1: Convenience Kit of Co-Package		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC MONOGRAPH NOT FINAL	part334	12/20/2019	

**Labeler -** FRED'S (005866116)

### Establishment

Name	Address	ID/FEI	Business Operations
NATUREPLEX LLC		062808196	MANUFACTURE(55315-301)

Revised: 12/2018

FRED'S