

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

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**HealthMart® Saline Enema Single 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 bowel movement in 1 to 5 minutes

**Warnings**

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

**For rectal use only.**

**Do not use**

- on children under 2 years of age

**Ask a doctor before use if you**

- have already used a laxative for more than 3 days
- have kidney disease, have heart problems, or are dehydrated
- are 55 years of age 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: 1-800-222-1222.

**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 of age and older	1 bottle once daily
Children 2 to under 12 years of age	Use Pediatric Enema
Children under 2 years of age	DO NOT USE

**Other information**

- **each 118 mL contains** sodium 4.3 g
- store at 15 to 30°C (59 to 86°F)
- additional liquids by mouth are recommended while using this product

**Inactive ingredients**

benzalkonium chloride, disodium EDTA, purified water

**Questions or comments?**

**1-866-323-0107**

Distributed by McKesson Corp., via Strategic Sourcing Services LLC, Memphis, TN 38141

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

NDC 62011-0271-1

Health Mart®

Compare to Fleet® Enema  
Saline Active Ingredients\*

Complete &  
Ready-To-Use  
Enema  
Saline Laxative

For Relief of  
Occasional  
Constipation

Lubricated Tip  
Works In Minutes  
Not Made With  
Natural Rubber  
Latex

4.5 Fl oz (133 mL)  
Single Pack

PL13135108  
V03

HealthMart.

NDC 62011-0271-1

HealthMart.

Compare to Fleet® Enema Saline Active Ingredients\*

# Complete & Ready-To-Use Enema Saline Laxative

For Relief of Occasional Constipation

Lubricated Tip Works In Minutes Not Made With Natural Rubber Latex



4.5 Fl oz (133 mL) Single Pack

### How to use this enema

- Remove the peel-away safety seal and protective shield. 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. Stop using if tip is hard to insert. Forcing the tip into the rectum can cause injury (especially if you have hemorrhoids). If enema tip causes rectal bleeding or pain, get immediate medical care.
- 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). If no urge is felt after 5 minutes of using, try to empty bowel. Call a doctor promptly if no liquid comes out of the rectum after 30 minutes because dehydration could occur.

### Positions for using this enema

**Left-side position:** Lie on left side with knees 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.



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



\*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
- Bottle sealed for safety
- Comfortable, lubricated tip for ease of insertion
- One-way safety valve controls flow & prevents reflux
- Easy, soft squeeze bottle



**Tamper Resistant:** Bottle sealed for safety. Do not use if the safety seal around the neck of the bottle is broken or missing or if the top or bottom flap of the carton is torn or broken.

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Money Back Guarantee  
www.healthmart.com  
REV 06/21

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# HEALTHMART SALINE SINGLE LAXATIVE

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

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:62011-0271
<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: 059QF0KO0R)	

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:62011-0271-1	1 in 1 CARTON	03/20/2012	
1		133 mL in 1 BOTTLE; Type 0: Not a Combination Product		
2	NDC:62011-0271-2	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 Drug	M007	03/20/2012	

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

## **Establishment**

<b>Name</b>	<b>Address</b>	<b>ID/FEI</b>	<b>Business Operations</b>
Natureplex, LLC		062808196	MANUFACTURE(62011-0271)

Revised: 1/2022

Strategic Sourcing Services LLC