

CitraNatal HARMONY[®]

Rx Prenatal Supplement Soft Gel

DESCRIPTION: CitraNatal Harmony[®] is a prescription prenatal/postnatal multi-vitamin/mineral soft gel with Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron, and DHA, an essential fatty acid. The prenatal vitamin is a purple, opaque soft gel containing a greenish-gray liquid to semi-solid fill. The soft gel is printed "0796" in white ink.

Each prenatal soft gel contains:

Calcium (Calcium citrate).....	104 mg
Iron (Carbonyl iron, ferrous fumarate).....	27 mg
Vitamin D ₃ (Cholecalciferol).....	400 IU
Vitamin E (dl-alpha tocopheryl acetate).....	30 IU
Vitamin B ₆ (Pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg
Docosate Sodium.....	50 mg
Docosahexaenoic Acid (DHA, 40% from 650 mg Algal Oil).....	260 mg

INDICATIONS: CitraNatal Harmony is a multi-vitamin/mineral prescription drug indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and nonlactating mothers.

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: Ingestion of more than 3 grams of omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including an increased bleeding time and INR. Administration of omega-3 fatty acids should be avoided in patients on anticoagulants and in those known to have an inherited or acquired bleeding diathesis.

WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTIONS: Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

CAUTION: Exercise caution to ensure that the prescribed dosage of DHA does not exceed 1 gram (1000 mg) per day.

DOSAGE AND ADMINISTRATION: One soft gel daily or as directed by a physician.

STORAGE: Store at 20°C to 25°C (68°F to 77°F), excursions permitted between 15°C and 30°C (between 59°F and 86°F). Brief exposure to temperatures up to 40°C (104°F) may be tolerated provided the mean kinetic temperature does not exceed 25°C (77°F); however, such exposure should be minimized.

NOTICE: Contact with moisture can discolor or erode the soft gel.

HOW SUPPLIED: Bottles of 30 soft gels each - NDC 0178-0796-30.

To report a serious adverse event or obtain product information, call (800) 531-3333.

Please consult your health care provider with any dietary concerns.

CitraNatal ASSURE[®]

Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

DESCRIPTION: CitraNatal Assure[®] is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron, and a soft gel of DHA, an essential fatty acid. The prenatal vitamin is a white, coated, oval multi-vitamin/mineral tablet. The tablet is debossed "0891" on one side and is blank on the other. The essential fatty acid DHA soft gel is caramel colored and contains a light yellow to orange semi-solid mixture.

Each prenatal tablet contains:

Vitamin C (Ascorbic acid).....	120 mg
Calcium (Calcium citrate).....	124 mg
Iron (Carbonyl iron, ferrous gluconate).....	35 mg
Vitamin D ₃ (Cholecalciferol).....	400 IU
Vitamin E (dl-alpha tocopheryl acetate).....	30 IU
Thiamin (Vitamin B ₁).....	3 mg
Riboflavin (Vitamin B ₂).....	3.4 mg
Niacinamide (Vitamin B ₃).....	20 mg
Vitamin B ₆ (Pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg
Iodine (Potassium iodide).....	150 mcg
Zinc (Zinc oxide).....	25 mg
Copper (Cupric oxide).....	2 mg
Docosate Sodium.....	50 mg

Each DHA soft gel contains:

Docosahexaenoic Acid (DHA, 40% from 750 mg Algal Oil).....	300 mg
Eicosapentaenoic Acid (EPA).....	Not more than 0.75 mg
Other ingredients in DHA soft gel: Gelatin, glycerin, high oleic sunflower oil, contains 2% or less: water, caramel color, tocopherols, rosemary extract, sunflower lecithin, and ascorbyl palmitate.	

INDICATIONS: CitraNatal Assure[®] is a multi-vitamin/mineral prescription drug indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and nonlactating mothers.

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: Ingestion of more than 3 grams of omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including an increased bleeding time and INR. Administration of omega-3 fatty acids should be avoided in patients on anticoagulants and in those known to have an inherited or acquired bleeding diathesis.

WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTIONS: Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

CAUTION: Exercise caution to ensure that the prescribed dosage of DHA does not exceed 1 gram (1000 mg) per day.

DOSAGE AND ADMINISTRATION: One tablet and one soft gel daily or as directed by a physician.

STORAGE: Store at 20°C to 25°C (68°F to 77°F), excursions permitted between 15°C and 30°C (between 59°F and 86°F). Brief exposure to temperatures up to 40°C (104°F) may be tolerated provided the mean kinetic temperature does not exceed 25°C (77°F); however, such exposure should be minimized.

NOTICE: Contact with moisture can discolor or erode the tablet.

HOW SUPPLIED: Six child-resistant blister packs of 5 tablets and 5 soft gels each - NDC 0178-0891-30.

To report a serious adverse event or obtain product information, call (800) 298-1087.

Please consult your health care provider with any dietary concerns.

CitraNatal B-CALM[®]

Rx Prenatal Supplement Tablet and two 25 mg each Vitamin B₆ Tablets

DESCRIPTION: CitraNatal B-Calm[®] is a prescription prenatal multi-vitamin/mineral tablet with B₆, along with two vitamin B₆ tablets. The prenatal tablet contains Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron. The prenatal tablet is a white, coated, modified oval, and is debossed "0832" on one side and is blank on the other. The B₆ 25 mg tablets are white to off-white, uncoated, round, and are debossed with "B" on one side and "6" on the other.

Each prenatal tablet contains:

Vitamin C (Ascorbic acid).....	120 mg
Calcium (Calcium citrate).....	120 mg
Iron (Carbonyl iron, ferrous gluconate).....	20 mg
Vitamin D ₃ (Cholecalciferol).....	400 IU
Vitamin B ₆ (Pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg

Each vitamin B₆ tablet contains:

Vitamin B ₆ (Pyridoxine HCl).....	25 mg
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INDICATIONS: CitraNatal B-Calm[®] is a multi-vitamin/mineral prescription drug indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and nonlactating mothers. CitraNatal B-Calm[®] may be used in conjunction with a physician-prescribed regimen to help minimize pregnancy-related nausea and vomiting.

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTIONS: Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations remain progressive.

ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

DOSAGE AND ADMINISTRATION: One tablet every eight hours, beginning with "Tablet 1", or as directed by a physician.

STORAGE: Store at 20°C to 25°C (68°F to 77°F), excursions permitted between 15°C and 30°C (between 59°F and 86°F). Brief exposure to temperatures up to 40°C (104°F) may be tolerated provided the mean kinetic temperature does not exceed 25°C (77°F); however, such exposure should be minimized.

NOTICE: Contact with moisture can discolor or erode tablets.

HOW SUPPLIED: Six child-resistant blister packs of 5 multi-vitamin/multimineral tablets and 10 vitamin B₆ tablets each - NDC 0178-0832-30.

To report a serious adverse event or obtain product information, call (800) 531-3333.

Please consult your health care provider with any dietary concerns.

CitraNatal 90 DHA

Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

DESCRIPTION: CitraNatal[®] 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron, and a soft gel of DHA, an essential fatty acid. The prenatal vitamin is a white, coated, oval multi-vitamin/mineral tablet. The tablet is debossed "CN 90" on one side and "0821" on the other. The essential fatty acid DHA soft gel is caramel colored and contains a light yellow to orange semi-solid mixture.

Each prenatal tablet contains:

Vitamin C (Ascorbic acid).....	120 mg
Calcium (Calcium citrate).....	159 mg
Iron (Carbonyl iron, ferrous gluconate).....	90 mg
Vitamin D ₃ (Cholecalciferol).....	400 IU
Vitamin E (dl-alpha tocopheryl acetate).....	30 IU
Thiamin (Vitamin B ₁).....	3 mg
Riboflavin (Vitamin B ₂).....	3.4 mg
Niacinamide (Vitamin B ₃).....	20 mg
Vitamin B ₆ (Pyridoxine HCl).....	20 mg
Folic Acid.....	1 mg
Iodine (Potassium iodide).....	150 mcg
Zinc (Zinc oxide).....	25 mg
Copper (Cupric oxide).....	2 mg
Docosate Sodium.....	50 mg

Each DHA soft gel contains:

Docosahexaenoic Acid (DHA, 40% from 750 mg Algal Oil).....	300 mg
Eicosapentaenoic Acid (EPA).....	Not more than 0.75 mg
Other ingredients in DHA soft gel: Gelatin, glycerin, high oleic sunflower oil, contains 2% or less: water, caramel color, tocopherols, rosemary extract, sunflower lecithin, and ascorbyl palmitate.	

INDICATIONS: CitraNatal[®] 90 DHA is a multi-vitamin/mineral prescription drug indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and nonlactating mothers.

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: Ingestion of more than 3 grams of omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including an increased bleeding time and INR. Administration of omega-3 fatty acids should be avoided in patients on anticoagulants and in those known to have an inherited or acquired bleeding diathesis.

WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTIONS: Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

CAUTION: Exercise caution to ensure that the prescribed dosage of DHA does not exceed 1 gram (1000 mg) per day.

DOSAGE AND ADMINISTRATION: One tablet and one soft gel daily or as directed by a physician.

STORAGE: Store at 20°C to 25°C (68°F to 77°F), excursions permitted between 15°C and 30°C (between 59°F and 86°F). Brief exposure to temperatures up to 40°C (104°F) may be tolerated provided the mean kinetic temperature does not exceed 25°C (77°F); however, such exposure should be minimized.

NOTICE: Contact with moisture can discolor or erode the tablet.

HOW SUPPLIED: Six child-resistant blister packs of 5 tablets and 5 soft gels each - NDC 0178-0821-30.

To report a serious adverse event or obtain product information, call (800) 298-1087.

Please consult your health care provider with any dietary concerns.

CitraNatal BLOOM[™]

Rx Prenatal Supplement Tablet

DESCRIPTION: CitraNatal Bloom[™] is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron. CitraNatal Bloom is a green, modified rectangle shaped, film-coated tablet, debossed with "CB" on one side and blank on the other.

Each prenatal tablet contains:

Iron (Carbonyl iron, ferrous gluconate).....	90 mg
Folic Acid.....	1 mg
Vitamin B ₁₂ (Cyanocobalamin).....	12 mcg
Vitamin C (Ascorbic acid).....	120 mg
Docosate Sodium.....	50 mg

Inactive Ingredients: Povidone, croscarmellose sodium, acrylic resin, color added, FD&C Yellow No. 5, magnesium stearate, magnesium silicate, FD&C Blue No. 1, polyethylene glycol, vitamin A palmitate, ethyl vanillin.

INDICATIONS: CitraNatal Bloom is a multi-vitamin/mineral prescription drug indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and nonlactating mothers.

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTIONS: Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

DOSAGE AND ADMINISTRATION: One tablet daily or as directed by a physician.

STORAGE: Store at 20°C to 25°C (68°F to 77°F), excursions permitted between 15°C and 30°C (between 59°F and 86°F). Brief exposure to temperatures up to 40°C (104°F) may be tolerated provided the mean kinetic temperature does not exceed 25°C (77°F); however, such exposure should be minimized.

NOTICE: Contact with moisture can discolor or erode the tablet.

HOW SUPPLIED: Bottles of 30 tablets each - NDC 0178-0813-30.

To report a serious adverse event or obtain product information, call (800) 298-1087.

CitraNatal Harmony, CitraNatal Assure and CitraNatal 90 DHA contain life'sDHA[®], a trademark of DSM.



DHA soft gels manufactured for: MISSION PHARMACAL COMPANY San Antonio, TX USA 78230 1355

Prenatal tablets manufactured by: MISSION PHARMACAL COMPANY San Antonio, TX USA 78230 1355

CitraNatal Harmony soft gels are MADE IN CANADA for: MISSION PHARMACAL COMPANY San Antonio, TX USA 78230 1355



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CitraNatal Harmony, CitraNatal Assure, CitraNatal B-Calm, CitraNatal 90 DHA and CitraNatal Bloom contain Ferr-Ease[®].



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