

# CitraNatal HARMONY

Rx Prenatal Soft Gel

**DESCRIPTION:** CitraNatal Harmony® is a prescription prenatal/postnatal multi-vitamin/mineral soft gel with Ferr-Ease®, a 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:**

Vitamin D <sub>3</sub> (cholecalciferol) .....	400 IU
Vitamin E (dl-alpha tocopheryl acetate) .....	30 IU
Vitamin B <sub>6</sub> (pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg
Calcium (calcium citrate).....	104 mg
Iron (carbonyl iron, ferrous fumarate).....	27 mg
Docusate 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 B<sub>12</sub> 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) 298-1087.

**Please consult** your health care provider with any dietary concerns.

# CitraNatal ASSURE

Rx Prenatal Tablet and 300 mg DHA Soft Gel

**DESCRIPTION:** CitraNatal Assure® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a 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 oblong, transparent, and caramel colored.

**Each prenatal tablet contains:**

Vitamin C (ascorbic acid).....	120 mg
Calcium (calcium citrate).....	124 mg
Iron (carbonyl iron, ferrous gluconate).....	35 mg
Vitamin D <sub>3</sub> (cholecalciferol) .....	400 IU
Vitamin E (dl-alpha tocopheryl acetate) .....	30 IU
Thiamin (vitamin B <sub>1</sub> ) .....	3 mg
Riboflavin (vitamin B <sub>2</sub> ) .....	3.4 mg
Niacinamide (vitamin B <sub>3</sub> ) .....	20 mg
Vitamin B <sub>6</sub> (pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg
Iodine (potassium iodide) .....	150 mcg
Zinc (zinc oxide).....	25 mg
Copper (cupric oxide).....	2 mg
Docusate Sodium.....	50 mg

**Each DHA soft gel contains:**

Docosahexaenoic Acid (DHA, 40% from 750 mg algal oil) .....	300 mg
Other ingredients in DHA soft gel: Gelatin, glycerin, high oleic sunflower oil, contains 2% or less: water, caramel color, tocopherols, rosemary extract, 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 B<sub>12</sub> 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 Tablet and two  
25 mg each Vitamin B<sub>6</sub> Tablets

**DESCRIPTION:** CitraNatal B-Calm® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with B<sub>6</sub>, along with two vitamin B<sub>6</sub> tablets. The prenatal tablet contains Ferr-Ease®, a 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 B<sub>6</sub> 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 <sub>3</sub> (cholecalciferol) .....	400 IU
Vitamin B <sub>6</sub> (pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg

**Each vitamin B<sub>6</sub> tablet contains:**

Vitamin B <sub>6</sub> (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 B<sub>12</sub> 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 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/mineral tablets and 10 vitamin B<sub>6</sub> tablets each - NDC 0178-0832-30.

**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® 90 DHA

Rx Prenatal Tablet and 300 mg DHA Soft Gel

**DESCRIPTION:** CitraNatal® 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a 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 oblong, transparent, and caramel colored.

**Each prenatal tablet contains:**

Vitamin C (ascorbic acid).....	120 mg
Calcium (calcium citrate).....	159 mg
Iron (carbonyl iron, ferrous gluconate).....	90 mg
Vitamin D <sub>3</sub> (cholecalciferol).....	400 IU
Vitamin E (di-alpha tocopheryl acetate).....	30 IU
Thiamin (vitamin B <sub>1</sub> ).....	3 mg
Riboflavin (vitamin B <sub>2</sub> ).....	3.4 mg
Niacinamide (vitamin B <sub>3</sub> ).....	20 mg
Vitamin B <sub>6</sub> (pyridoxine HCl).....	20 mg
Folic Acid.....	1 mg
Iodine (potassium iodide).....	150 mcg
Zinc (zinc oxide).....	25 mg
Copper (cupric oxide).....	2 mg
Docusate Sodium.....	50 mg

**Each DHA soft gel contains:**

Docosahexaenoic Acid  
(DHA, 40% from 750 mg algal oil)..... 300 mg  
Other ingredients in DHA soft gel: Gelatin, glycerin, high oleic sunflower oil, contains 2% or less: water, caramel color, tocopherols, rosemary extract, 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 B<sub>12</sub> 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 Tablet

**DESCRIPTION:** CitraNatal Bloom® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a 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 <sub>12</sub> (cyanocobalamin).....	12 mcg
Vitamin C (ascorbic acid).....	120 mg
Docusate 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 B<sub>12</sub> 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.

**Please consult** your health care provider with any dietary concerns.

[citr natal.com](http://citr natal.com)

DHA soft gels and CitraNatal Harmony soft gels are MADE IN CANADA 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, CitraNatal Assure, CitraNatal B-Calm, CitraNatal 90 DHA, and CitraNatal Bloom contain Ferr-Ease®.



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