

# NUTRITIONAL GOODNESS — FROM START TO FINISH —

## CitraNatal® FAMILY OF PRODUCTS

CitraNatal **MEDLEY**  
Rx Prenatal Soft Gel

CitraNatal **90 DHA**  
Rx Prenatal Tablet and 300 mg DHA Soft Gel

CitraNatal **B-CALM**  
Rx Prenatal Tablet and two  
25 mg each Vitamin B<sub>6</sub> Tablets

CitraNatal **HARMONY**  
Rx Prenatal Soft Gel

CitraNatal **ASSURE**  
Rx Prenatal Tablet and 300 mg DHA Soft Gel






**SMALLEST SOFT GEL**

**EXTRA IRON**

**HELPS WITH NAUSEA\***

**SINGLE PILL CONVENIENCE**

**COMPLETE NUTRITIONAL CARE**

	CitraNatal MEDLEY	CitraNatal 90 DHA	CitraNatal B-CALM	CitraNatal HARMONY	CitraNatal ASSURE	
<b>CORE INGREDIENTS</b>	Folic acid	1 mg	1 mg	1 mg	1 mg	
	Ferr-Ease® Dual Iron	27 mg	90 mg	20 mg	35 mg	
	Calcium (calcium citrate)	62 mg	159 mg	120 mg	124 mg	
	Docusate sodium (stool softener)		50 mg		50 mg	
	DHA (docosahexaenoic acid)	200 mg	300 mg		260 mg	300 mg
<b>OTHER IMPORTANT NUTRIENTS</b>	Vitamin B <sub>6</sub> (pyridoxine HCl)	12.5 mg	20 mg	25 mg per multi-vitamin + 25 mg in each additional tablet	25 mg	25 mg
	Vitamin D <sub>3</sub> (cholecalciferol)	200 IU	400 IU	400 IU	400 IU	400 IU
	Vitamin C (ascorbic acid)		120 mg	120 mg		120 mg
	Vitamin E (dl-alpha tocopheryl acetate)	15 IU	30 IU		30 IU	30 IU
	Thiamin (vitamin B <sub>1</sub> )		3 mg			3 mg
	Riboflavin (vitamin B <sub>2</sub> )		3.4 mg			3.4 mg
	Niacinamide (vitamin B <sub>3</sub> )		20 mg			20 mg
	Iodine (potassium iodide)		150 mcg			150 mcg
	Zinc (zinc oxide)		25 mg			25 mg
	Copper (cupric oxide)		2 mg			2 mg
<b>DOSAGE</b>	<b>SUGGESTED DAILY DOSE</b> Images not actual size  See full Prescribing Information	1 soft gel 	1 tablet + 1 soft gel 	1 tablet every 8 hours, beginning with Tablet 1 (large tablet) 	1 soft gel 	1 tablet + 1 soft gel 

**CitraNatal® Family of Products are available by prescription only.**

**INDICATIONS:** CitraNatal Harmony®, CitraNatal Assure®, CitraNatal B-Calm®, CitraNatal® 90 DHA, and CitraNatal Medley® are multi-vitamin/mineral prescription drugs 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.

## IMPORTANT SAFETY INFORMATION

**CONTRAINDICATIONS:** These products are 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 THESE PRODUCTS OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

**WARNING:** More than 3 grams total intake per day of omega-3 fatty acids from all sources, including both food and supplements (like Docosahexaenoic Acid

[DHA]), have 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.†

†CitraNatal B-Calm does not contain DHA.

**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.

**Please see additional Important Safety Information, including Precautions and Warnings, in full Prescribing Information on the following page.**

# CitraNatal MEDLEY

Rx Prenatal Soft Gel

**DESCRIPTION:** CitraNatal Medley® 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 an oval, purple, opaque soft gel containing a greenish-gray liquid to semi-solid fill. The prenatal soft gel is printed “596” in white ink.

**Each prenatal soft gel contains:**  
 Vitamin D<sub>3</sub> (cholecalciferol) ..... 200 IU  
 Vitamin E (dl-alpha tocopheryl acetate) ..... 15 IU  
 Vitamin B<sub>6</sub> (pyridoxine HCl)..... 12.5 mg  
 Folic Acid ..... 1 mg  
 Calcium (calcium citrate)..... 62 mg  
 Iron (carbonyl iron, ferrous fumarate) ..... 27 mg  
 Docosahexaenoic Acid  
 (DHA, 53% from 377 mg algal oil) ..... 200 mg

**Inactive Ingredients:** Gelatin, glycerin, lecithin, titanium dioxide, ethyl vanillin, D&C Red #33, butylated hydroxytoluene (BHT), FD&C Blue #1, and white ink.

**INDICATIONS:** CitraNatal Medley 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 prenatal 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** 0178-0896-30.

**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 (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)..... 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 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

**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 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.

DHA soft gels, CitraNatal Harmony and CitraNatal Medley 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 Medley contain Ferr-Ease®.



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