

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 ₃ (cholecalciferol).....	10 mcg
Vitamin E (dl-alpha tocopheryl acetate)	13.5 mg
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
Folate.....	1700 mcg DFE (1000 mcg folic acid)
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: Folate alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTIONS: Folate in doses above 100 mcg DFE 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 folate.

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.

citrnatal.com



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

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



Copyright © 2026 Mission Pharmacal Company.
 All rights reserved.

CNN_T14185R0226

51072R0423