

CitraNatal[®] 90 DHA

Rx Prenatal Vitamin Tablet and 300 mg DHA Capsule

DESCRIPTION: CitraNatal[®] 90 DHA is a prescription prenatal/postnatal multivitamin/mineral tablet with Ferr-Ease[™], a patented dual-iron delivery comprising both a quick release and slow release iron, and a capsule of an essential fatty acid. The prenatal vitamin is a scored, white, oval multivitamin/mineral tablet. The tablet is debossed "CN 90" on one side and "08" bisect "29" on the other. The essential fatty acid DHA capsule is clear and contains an amber to light/dark orange semi-solid mixture.

Each prenatal tablet contains:

Vitamin C (Ascorbic acid)	120 mg
Calcium (Calcium citrate)	160 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 gelatin capsule contains:

Docosahexaenoic Acid (DHA)	300 mg
Eicosapentaenoic Acid (EPA)	Not more than 0.750 mg

DHA is contained in the oil derived from microalgae.
Other ingredients in DHA gelatin capsule: Gelatin, Glycerin USP, Water.

INDICATIONS: CitraNatal[®] 90 DHA is a multivitamin/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 capsule daily or as directed by a physician.

Store at controlled room temperature.

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

HOW SUPPLIED: Six child-resistant blister packs of 5 tablets and 5 capsules each - **NDC** 0178-0829-30

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

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