

# CitraNatal<sup>®</sup> Harmony<sup>™</sup>

Rx Prenatal Vitamin Gel Cap

**DESCRIPTION:** CitraNatal<sup>®</sup> Harmony<sup>™</sup> is a prescription prenatal/postnatal multivitamin/mineral soft gelatin capsule. The prenatal vitamin is a purple, opaque soft gelatin capsule containing a greenish-gray liquid to semi-solid fill. The capsule is printed "0812" in white ink.

**Each prenatal capsule contains:**

Calcium (Calcium citrate) .....	100 mg
Iron (Carbonyl iron) .....	27 mg
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
Docusate Sodium.....	50 mg
Docosahexaenoic Acid (DHA) .....	250 mg

DHA is contained in the oil derived from microalgae.

**INDICATIONS:** CitraNatal<sup>®</sup> Harmony<sup>™</sup> 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 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 capsule daily or as directed by a physician.

Store at controlled room temperature.

**NOTICE:** Contact with moisture can discolor or erode the capsule.

**HOW SUPPLIED:** Bottles of 30 capsules each - **NDC** 0178-0812-30.

**To report** a serious adverse event or obtain product information, call (210) 696-8400.

**Available by prescription only.**

Gel cap manufactured by:  
Accucaps Industries Ltd.  
Windsor, Ontario, Canada

Capsules manufactured for:  
MISSION PHARMACAL COMPANY  
San Antonio, TX USA 78230 1355

**www.missionpharmacial.com**

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