CitraNatal® 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a patented 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, oval-shaped multi-vitamin/mineral tablet. The prenatal tablet is debossed “CN 90” on one side and “0821” on the other. The essential fatty acid DHA soft gel is caramel colored and contains a light yellow, orange semi-solid mixture.

Each prenatal tablet contains:
- Vitamin C (Ascorbic acid) .................................................. 120 mg
- Calcium (Citrate) .............................................................. 124 mg
- Iron (Carbonyl iron, ferrous gluconate) ......................... 20 mg
- Vitamin B1 (Thiamin) ...................................................... 3 mg
- Riboflavin (Vitamin B2) .................................................... 3.4 mg
- Nicotinic Acid (Vitamin B3) ............................................. 20 mg
- Vitamin B6 (Pyridoxine HCl) ........................................... 25 mg
- Folic Acid ................................................................. 1 mg
- Iodine (Potassium iodide) .............................................. 150 mcg
- Zinc (oxide) ................................................................. 25 mg
- Copper (Cupric oxide) .................................................. 2 mg
- Docusate Sodium ......................................................... 50 mg

Each DHA gelatin soft gel contains:
- Docosahexaenoic Acid .................................................. 250 mg
- Vitamin E (dl-alpha tocopheryl acetate) .......................... 50 IU

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 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.

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