

# CitraNatal HARMONY®

## Rx Prenatal Supplement Soft Gel

**DESCRIPTION:** CitraNatal Harmony® is a prescription prenatal/postnatal multi-vitamin/mineral soft gel with Ferr-Ease®, a patented 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:**

Calcium (Calcium citrate) .....	104 mg
Iron (Carbonyl iron, ferrous fumarate).....	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, 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) 531-3333.

**Please consult your health care provider with any dietary concerns.**

# CitraNatal ASSURE®

## Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

**DESCRIPTION:** CitraNatal Assure® 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, 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 caramel colored and contains a light yellow to orange semi-solid mixture.

**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
Eicosapentaenoic Acid (EPA) .....	Not more than 0.750 mg
Other ingredients in DHA gelatin soft gel: Gelatin, sunflower oil, glycerin, caramel color, sunflower lecithin, rosemary extract, tocopherols, 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) 531-3333.

**Please consult your health care provider with any dietary concerns.**

# CitraNatal B-CALM®

## Rx Prenatal Supplement Tablet and two 25 mg each Vitamin B<sub>6</sub> Tablets

**DESCRIPTION:** CitraNatal B-Calm® is a prescription prenatal 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 patented 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
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**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 remain progressive.

**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/multimineral 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) 531-3333.

**Please consult your health care provider with any dietary concerns.**

# CitraNatal 90 DHA

## Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

**DESCRIPTION:** 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 scored, white, 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 caramel colored and contains a light yellow to orange semi-solid mixture.

**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 gelatin soft gel contains:**

Docosahexaenoic Acid (DHA, 40% from 750 mg Algal Oil).....	300 mg
Eicosapentaenoic Acid (EPA) .....	Not more than 0.750 mg
Other ingredients in DHA gelatin soft gel: Gelatin, sunflower oil, glycerin, caramel color, sunflower lecithin, rosemary extract, tocopherols, 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) 531-3333.

**Please consult your health care provider with any dietary concerns.**

CitraNatal Harmony, CitraNatal Assure and CitraNatal 90 DHA contain *life'sDHA*®, a trademark of DSM.



DHA soft gels manufactured by: MISSION PHARMACEUTICAL COMPANY San Antonio, TX USA 78230 1355

Prenatal tablets manufactured by: MISSION PHARMACEUTICAL COMPANY San Antonio, TX USA 78230 1355

CitraNatal Harmony soft gels are MADE IN CANADA for: MISSION PHARMACEUTICAL COMPANY San Antonio, TX USA 78230 1355



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CitraNatal Harmony, CitraNatal Assure, CitraNatal B-Calm and CitraNatal 90 DHA contain Ferr-Ease®.



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