

# CitraNatal® B-Calm™

Rx Prenatal Vitamin and two 25 mg each Vitamin B<sub>6</sub> tablets

A prescription prenatal supplement with 1 mg folic acid and a high level of vitamin B<sub>6</sub> which may act as an antiemetic.

**DESCRIPTION:** CitraNatal® B-Calm™ is a prescription prenatal multivitamin/mineral tablet with a high level of B<sub>6</sub>, along with two vitamin B<sub>6</sub> tablets. The prenatal tablet is white, coated, modified oval, and is debossed with "0866" 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) .....	125 mg
Iron (Carbonyl iron) .....	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 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. 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 AND ALL DRUGS 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.

**PRECAUTION:** 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.

Store at controlled room temperature.

**NOTICE:** Contact with moisture can discolor or erode tablets.

**HOW SUPPLIED:** Six child-resistant blister packs of 5 multivitamin/multimineral tablets and 10 vitamin B<sub>6</sub> tablets each - NDC 0178-0866-30.

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



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