

DESCRIPTION: CitraNatal Harmony® 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 “0799” in white ink.

Each prenatal capsule contains:

Calcium (Calcium citrate)	100 mg
Iron (Carbonyl iron)	28 mg
Vitamin D ₃ (Cholecalciferol)	400 IU
Vitamin E (dl-alpha tocopheryl acetate).....	30 IU
Vitamin B ₆ (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 Harmony® 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 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 0178-0799-30.**

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

PRE_T8111 C01 Rev 002110

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.missionpharmaceutical.com



Trademark of Martek Biosciences Corporation
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MADE IN CANADA