





NUTRITIONAL GOODNESS — FROM START TO FINISH —

CitraNatal
RX NUTRITIONALS

	CitraNatal ASSURE Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel FOR COMPLETE NUTRITIONAL CARE NDC 0178-0891-30	CitraNatal 90 DHA Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel FOR EXTRA IRON NDC 0178-0821-30	CitraNatal B-CALM Rx Prenatal Supplement Tablet and two 25 mg each Vitamin B ₆ Tablets FOR NAUSEA PREVENTION NDC 0178-0832-30	CitraNatal HARMONY Rx Prenatal Supplement Soft Gel FOR SINGLE-PILL CONVENIENCE NDC 0178-0796-30
CORE INGREDIENTS	Folic acid	1 mg	1 mg	1 mg
	Ferr-Ease® Dual Iron	35 mg	90 mg	27 mg
	Calcium (calcium citrate)	124 mg	159 mg	120 mg
	Docusate sodium (stool softener)	50 mg	50 mg	
	life'sDHA® (docosahexaenoic acid)	300 mg	300 mg	
OTHER IMPORTANT NUTRIENTS	Vitamin B ₆ (pyridoxine HCl)	25 mg	20 mg	25 mg per multivitamin + 25 mg in each additional tablet
	Vitamin D ₃ (cholecalciferol)	400 IU	400 IU	400 IU
	Vitamin C (ascorbic acid)	120 mg	120 mg	120 mg
	Vitamin E (dl-alpha tocopheryl acetate)	30 IU	30 IU	
	Thiamine (vitamin B ₁)	3 mg	3 mg	
	Riboflavin (vitamin B ₂)	3.4 mg	3.4 mg	
	Niacinamide (vitamin B ₃)	20 mg	20 mg	
	Iodine (potassium iodide)	150 mcg	150 mcg	
	Zinc (zinc oxide)	25 mg	25 mg	
	Copper (cupric oxide)	2 mg	2 mg	
SUGGESTED DAILY DOSE <small>Images not actual size.</small>	1 tablet + 1 soft gel 	1 tablet + 1 soft gel 	1 tablet every 8 hours, beginning with Tablet 1  Tablet 1	1 soft gel 

INDICATIONS

CitraNatal Harmony®, CitraNatal Assure®, CitraNatal B-Calm®* and CitraNatal® 90 DHA are multivitamin/mineral prescription drugs 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.

IMPORTANT SAFETY INFORMATION

CONTRAINDICATIONS

These products are 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 THESE PRODUCTS OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: More than 3 grams total intake per day of omega-3 fatty acids from all sources, including both food and supplements (like Docosahexaenoic Acid [DHA] and Eicosapentaenoic Acid [EPA]), have 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.[†]

[†]CitraNatal B-Calm does not contain DHA or EPA.

WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

Please see full Prescribing Information, including Precautions and Adverse Reactions, on reverse side.

Available by prescription only.

Learn more at citr natal.com

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A FIGHTING CHANCE FOR EVERY BABY™

March of Dimes does not endorse specific products or brands. March of Dimes is a registered trademark of the March of Dimes Foundation.



Committed to healthcare product excellence for 70 years

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 ₃ (Cholecalciferol)	400 IU
Vitamin E (dl-alpha tocopheryl acetate)	30 IU
Vitamin B ₆ (Pyridoxine HCl)	25 mg
Folic Acid.....	1 mg
Docosate 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 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.

DOSE 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 ₃ (Cholecalciferol)	400 IU
Vitamin E (dl-alpha tocopheryl acetate)	30 IU
Thiamin (Vitamin B ₁).....	3 mg
Riboflavin (Vitamin B ₂)	3.4 mg
Niacinamide (Vitamin B ₃)	20 mg
Vitamin B ₆ (Pyridoxine HCl)	25 mg
Folic Acid.....	1 mg
Iodine (Potassium iodide)	150 mcg
Zinc (Zinc oxide)	25 mg
Copper (Cupric oxide)	2 mg
Docosate Sodium	50 mg

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

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



life'sDHA is a trademark of DSM



Trademark of Mission Pharmacal Company U.S. Patent No. 6,521,247

DHA soft gels manufactured for: MISSION PHARMACAL COMPANY San Antonio, TX USA 78230 1355

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

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

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 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.

DOSE 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 B₆ Tablets

DESCRIPTION: CitraNatal B-Calm[®] is a prescription prenatal multi-vitamin/mineral tablet with B₆, along with two vitamin B₆ 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 B₆ 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 ₃ (Cholecalciferol)	400 IU
Vitamin B ₆ (Pyridoxine HCl)	25 mg
Folic Acid.....	1 mg

Each vitamin B₆ tablet contains:

Vitamin B ₆ (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 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 remain progressive.

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



Mission Pharmacal is a proud supporter of A FIGHTING CHANCE FOR EVERY BABY[®]

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ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

DOSE 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/mineral tablets and 10 vitamin B₆ 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 ₃ (Cholecalciferol)	400 IU
Vitamin E (dl-alpha tocopheryl acetate)	30 IU
Thiamin (Vitamin B ₁).....	3 mg
Riboflavin (Vitamin B ₂)	3.4 mg
Niacinamide (Vitamin B ₃)	20 mg
Vitamin B ₆ (Pyridoxine HCl)	20 mg
Folic Acid.....	1 mg
Iodine (Potassium iodide)	150 mcg
Zinc (Zinc oxide)	25 mg
Copper (Cupric oxide)	2 mg
Docosate 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 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.

DOSE 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.

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