## Core Ingredients

<table>
<thead>
<tr>
<th>Core Ingredient</th>
<th>CitraNatal® Assure®</th>
<th>CitraNatal® DHA</th>
<th>CitraNatal® Secure®</th>
<th>CitraNatal® Harmony®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folic acid</td>
<td>1 mg</td>
<td>1 mg</td>
<td>1 mg</td>
<td>1 mg</td>
</tr>
<tr>
<td>Ferr-Ease® Dual Iron</td>
<td>35 mg</td>
<td>90 mg</td>
<td>20 mg</td>
<td>27 mg</td>
</tr>
<tr>
<td>Calcium (calcium citrate)</td>
<td>124 mg</td>
<td>159 mg</td>
<td>120 mg</td>
<td>104 mg</td>
</tr>
<tr>
<td>Docusate sodium (stool softener)</td>
<td>50 mg</td>
<td>50 mg</td>
<td>50 mg</td>
<td>50 mg</td>
</tr>
<tr>
<td>life’s DHA® (docosahexaenoic acid)</td>
<td>300 mg</td>
<td>300 mg</td>
<td>260 mg</td>
<td></td>
</tr>
</tbody>
</table>

## Other Important Nutrients

<table>
<thead>
<tr>
<th>Other Important Nutrient</th>
<th>CitraNatal® Assure®</th>
<th>CitraNatal® DHA</th>
<th>CitraNatal® Secure®</th>
<th>CitraNatal® Harmony®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B₆ (pyridoxine HCl)</td>
<td>25 mg</td>
<td>20 mg</td>
<td>25 mg per multivitamin + 25 mg in each additional tablet</td>
<td>25 mg</td>
</tr>
<tr>
<td>Vitamin D₃ (cholecalciferol)</td>
<td>400 IU</td>
<td>400 IU</td>
<td>400 IU</td>
<td>400 IU</td>
</tr>
<tr>
<td>Vitamin C (ascorbic acid)</td>
<td>120 mg</td>
<td>120 mg</td>
<td>120 mg</td>
<td></td>
</tr>
<tr>
<td>Vitamin E (dl-alpha tocopheryl acetate)</td>
<td>30 IU</td>
<td>30 IU</td>
<td>30 IU</td>
<td></td>
</tr>
<tr>
<td>Thiamine (vitamin B₁)</td>
<td>3 mg</td>
<td>3 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riboflavin (vitamin B₂)</td>
<td>3.4 mg</td>
<td>3.4 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Niacinamide (vitamin B₃)</td>
<td>20 mg</td>
<td>20 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iodine (potassium iodide)</td>
<td>150 mcg</td>
<td>150 mcg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zinc (zinc oxide)</td>
<td>25 mg</td>
<td>25 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Copper (cupric oxide)</td>
<td>2 mg</td>
<td>2 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Suggested Daily Dose

- 1 tablet + 1 soft gel
- 1 tablet + 1 soft gel
- 1 tablet every 8 hours, beginning with 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 citranatal.com

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**INDICATIONS**

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CitraNatal®

CitraNatal HARMONY Rx Prenatal Supplement Soft Gel

DESCRIPTION: CitraNatal® HARMONY is a prescription prenatal/postnatal multi-vitamin/mineral soft gel with FerEase®, 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 20 mg of heme iron, 25 mg of non-heme iron, and 260 mg of total iron. The postnatal vitamin is a caramel colored and contains a light yellow to white color. Each soft gel is caramel colored and contains a light yellow to white color. This product is contraindicated in patients known hypersensitivity to any of the ingredients.

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.

DRUG INTERACTIONS: None known.

Dosage: 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 (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 0178-0960-30. To report a serious adverse event or obtain product information, call 1-800-531-3333.

Please consult your health care provider with any dietary concerns.

CitraNatal®

CitraNatal® 90 DHA Rx Prenatal Supplement Tablette and 300 mg DHA Soft Gel

DESCRIPTION: CitraNatal® 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with FerEase®, a patented dual-iron delivery comprising both a quick release and slow release iron, and a soft gel of DHA, an essential fatty acid. This product is a 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 tablet is debossed “90” on one side and is blank on the other. The DHA soft gel is caramel colored and contains a light yellow to white color. This product is contraindicated in patients known hypersensitivity to any of the ingredients.

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 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.

Dosage: 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 (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. To report a serious adverse event or obtain product information, call 1-800-0832-30.

Please consult your health care provider with any dietary concerns.

CitraNatal®

CitraNatal B-Calm® Rx Prenatal Supplement Tablet and 25 mg Vitamin B6 Tablets

DESCRIPTION: CitraNatal® B-Calm® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with FerEase®, 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 tablet is debossed “B6” on one side and is blank on the other. The soft gel is caramel colored and contains a light yellow to white color. This product is contraindicated in patients known hypersensitivity to any of the ingredients.

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.

CONTRAINDICATIONS: This product is contraindicated in patients 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.

Dosage: One tablet every eight hours 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 (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. To report a serious adverse event or obtain product information, call 1-800-531-3333.

Please consult your health care provider with any dietary concerns.

CitraNatal®

CitraNatal SoftGel Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

DESCRIPTION: 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.

INDICATIONS: 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.

Dosage: 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 (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. To report a serious adverse event or obtain product information, call 1-800-531-3333.

Please consult your health care provider with any dietary concerns.

CitraNatal®

CitraNatal® B-Calm Hat® Rx Prenatal Supplement Tablet and 25 mg Vitamin B6 Tablets

DESCRIPTION: CitraNatal® B-Calm Hat® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with FerEase®, 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 tablet is debossed “CN” on one side and “8691” on the other. The B6 25 mg tablets are white to off-white, uncoated, round, and are debossed with “0832” on one side and “6” on the other.

INDICATIONS: CitraNatal® B-Calm Hat® 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.

Dosage: One tablet every eight hours 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 (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. To report a serious adverse event or obtain product information, call 1-800-531-3333.

Please consult your health care provider with any dietary concerns.

CitraNatal®

CitraNatal® B-Calm® Hat® Rx Prenatal Supplement Tablet and 25 mg Vitamin B6 Tablets

DESCRIPTION: CitraNatal® B-Calm Hat® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with FerEase®, 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 tablet is debossed “CN” on one side and “8691” on the other. The B6 25 mg tablets are white to off-white, uncoated, round, and are debossed with “0832” on one side and “6” on the other.

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