

CitraNatal HARMONY

Rx Prenatal Soft Gel

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

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
Calcium (calcium citrate).....	104 mg
Iron (carbonyl iron, ferrous fumarate).....	27 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 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 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) 298-1087.

Please consult your health care provider with any dietary concerns.

CitraNatal ASSURE

Rx Prenatal Tablet and 300 mg DHA Soft Gel

DESCRIPTION: CitraNatal Assure® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a 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 oblong, transparent, and caramel colored.

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
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 0.75 mg
Other ingredients in DHA soft gel: Gelatin, glycerin, high oleic sunflower oil, contains 2% or less: water, caramel color, tocopherols, rosemary extract, and 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.

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) 298-1087.

Please consult your health care provider with any dietary concerns.

CitraNatal B-CALM

Rx Prenatal 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 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 progress.

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/mineral tablets and 10 vitamin B₆ tablets each - NDC 0178-0832-30.

To report a serious adverse event or obtain product information, call (800) 298-1087.

Please consult your health care provider with any dietary concerns.

CitraNatal® 90 DHA

Rx Prenatal Tablet and 300 mg DHA Soft Gel

DESCRIPTION: CitraNatal® 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a 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 "CN 90" on one side and "0821" on the other. The essential fatty acid DHA soft gel is oblong, transparent, and caramel colored.

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
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 0.75 mg
Other ingredients in DHA soft gel: Gelatin, glycerin, high oleic sunflower oil, contains 2% or less: water, caramel color, tocopherols, rosemary extract, and 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.

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) 298-1087.

Please consult your health care provider with any dietary concerns.

CitraNatal® BLOOM®

Rx Prenatal Tablet

DESCRIPTION: CitraNatal Bloom® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease®, a dual-iron delivery comprising both a quick release and slow release iron. CitraNatal Bloom is a green, modified rectangle shaped, film-coated tablet, debossed with "CB" on one side and blank on the other.

Each prenatal tablet contains:

Iron (carbonyl iron, ferrous gluconate).....	90 mg
Folic Acid.....	1 mg
Vitamin B ₁₂ (cyanocobalamin).....	12 mcg
Vitamin C (ascorbic acid).....	120 mg
Docusate Sodium.....	50 mg

Inactive Ingredients: Povidone, croscarmellose sodium, acrylic resin, color added, FD&C Yellow No. 5, magnesium stearate, magnesium silicate, FD&C Blue No. 1, polyethylene glycol, vitamin A palmitate, ethyl vanillin.

INDICATIONS: CitraNatal Bloom 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: 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.

DOSAGE AND ADMINISTRATION: One tablet 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: Bottles of 30 tablets each - NDC 0178-0813-30.

To report a serious adverse event or obtain product information, call (800) 298-1087.

Please consult your health care provider with any dietary concerns.

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



DHA soft gels and CitraNatal Harmony soft gels are MADE IN CANADA 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, CitraNatal Assure, CitraNatal B-Calm, CitraNatal 90 DHA, and CitraNatal Bloom contain Ferr-Ease®.



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