

NUTRITIONAL GOODNESS — FROM START TO FINISH —

CitraNatal[®] RX NUTRITIONALS

CitraNatal **ASSURE**[®] Rx Prenatal Tablet and 300 mg DHA Soft Gel

FOR COMPLETE
NUTRITIONAL CARE

CitraNatal **90 DHA**[®] Rx Prenatal Tablet and 300 mg DHA Soft Gel

FOR EXTRA IRON

CitraNatal **B-CALM**[®] Rx Prenatal Tablet and two 25 mg each Vitamin B₆ Tablets

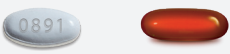
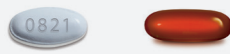

FOR NAUSEA PREVENTION*

CitraNatal **HARMONY**[®] Rx Prenatal Soft Gel

FOR SINGLE PILL
CONVENIENCE

CitraNatal **BLOOM**[®] Rx Prenatal Tablet

FOR NUTRITIONAL
SUPPORT IN A SMALL PILL

	CitraNatal ASSURE [®]	CitraNatal 90 DHA [®]	CitraNatal B-CALM [®]	CitraNatal HARMONY [®]	CitraNatal BLOOM [®]
CORE INGREDIENTS	Folic acid	1 mg	1 mg	1 mg	1 mg
	Ferr-Ease [®] Dual Iron	35 mg	90 mg	20 mg	27 mg
	Calcium (calcium citrate)	124 mg	159 mg	120 mg	104 mg
	Docusate sodium (stool softener)	50 mg	50 mg		50 mg
	DHA (docosahexaenoic acid)	300 mg	300 mg		260 mg
OTHER IMPORTANT NUTRIENTS	Vitamin B ₆ (pyridoxine HCl)	25 mg	20 mg	25 mg per multi-vitamin + 25 mg in each additional tablet	25 mg
	Vitamin D ₃ (cholecalciferol)	400 IU	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		30 IU
	Thiamin (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		
	Cyanocobalamin (vitamin B ₁₂)				
	Iodine (potassium iodide)	150 mcg	150 mcg		
	Zinc (zinc oxide)	25 mg	25 mg		
	Copper (cupric oxide)	2 mg	2 mg		
	DOSAGE	SUGGESTED DAILY DOSE Images not actual size See full Prescribing Information	1 tablet + 1 soft gel 	1 tablet + 1 soft gel 	1 soft gel 

CitraNatal Rx Nutritionals are available by prescription only.

INDICATIONS: CitraNatal Harmony[®], CitraNatal Assure[®], CitraNatal B-Calm[®], CitraNatal 90 DHA and CitraNatal Bloom[®] are multi-vitamin/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 and CitraNatal Bloom do 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 additional Important Safety Information, including Precautions and Warnings, in full Prescribing Information on the following page.

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
 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 **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 **B-CALM**

Rx Prenatal Tablet and two 25 mg each Vitamin B₆ Tablets

DESCRIPTION: CitraNatal B-Calm[®] is a prescription prenatal/postnatal 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 B₆ (pyridoxine HCl)..... 25 mg

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 **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 **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.

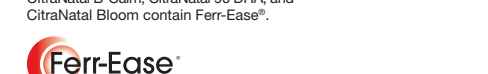
HOW SUPPLIED: Bottles of 30 tablets each – **NDC** 0178-0813-30.

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

Please consult your health care provider with any dietary concerns.

citr natal.com

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



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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



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