

citranatal.com

NDC 0178-0832-30  
Rx Only

# CitraNatal B-CALM®

Rx Prenatal Supplement Tablet and  
two 25 mg each Vitamin B<sub>6</sub> Tablets

**DESCRIPTION:** CitraNatal B-Calm® is a prescription prenatal multi-vitamin/mineral tablet with B<sub>6</sub>, along with two vitamin B<sub>6</sub> 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 B<sub>6</sub> 25 mg tablets are white to off-white, uncoated, round, and are debossed "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 <sub>3</sub> (Cholecalciferol) ..... | 400 IU |
| Vitamin B <sub>6</sub> (Pyridoxine HCl) .....  | 25 mg  |
| Folic Acid .....                               | 1 mg   |

**Each vitamin B<sub>6</sub> tablet contains:**

|                                               |       |
|-----------------------------------------------|-------|
| Vitamin B <sub>6</sub> (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 B<sub>12</sub> 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.

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**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/multimineral tablets and 10 vitamin B<sub>6</sub> 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.

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**Ferr-Ease®**  
Dual-iron delivery  
Trademark of Mission Pharmaceutical Company  
U.S. Patent No. 6,521,247

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

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PHARMACAL  
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WHEN YOU NEED B<sub>6</sub>

**Quality ingredients, true comfort:**

20 mg Ferr-Ease® dual-iron  
120 mg Calcium (Calcium Citrate)  
75 mg Vitamin B<sub>6</sub>  
1 mg Folic acid

Please see side of carton for other important ingredients.

SIX 5-DAY BLISTER PACKS  
In Child-Resistant Packaging



\*Mission Pharmacal  
is a proud supporter  
of the March of Dimes.

