citranatal.com

CitraNatal ESSENCE™
Rx Prenatal Tablet and 300 mg DHA Soft Gel

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WHEN GOOD NUTRITION IS ESSENTIAL

Quality ingredients, true comfort:

35 mg Ferr-Ease® dual-iron
300 mg DHA
140 mg Calcium (calcium citrate)

Please see side of carton for other important ingredients.

SIX 5-DAY BLISTER PACKS
In Child-Resistant Packaging

NDC 0178-0864-30
Rx Only

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DESCRIPTION: CitraNatal Essence™ 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 "0864" 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)	140	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

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 Essence™ 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.

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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 B_{12} 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** 0178-0864-30.

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

Please consult your health care provider with any dietary concerns.

Ferr-Ease® Dual-iron delivery
Trademark of Mission Pharmacal Company

DHA 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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