

# CitraNatal<sup>®</sup> 90 DHA

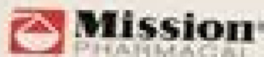
## Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

## WHEN YOU NEED EXTRA IRON

Quality ingredients, true comfort:

90 mg Ferr-Ease<sup>®</sup> dual-iron      159 mg Calcium (Calcium Citrate)  
300 mg life'sDHA<sup>®</sup>      **Stool softener**

Please see the back for other important ingredients.



**5-DAY SAMPLE PACK**  
In Child-Resistant Packaging  
Sample—Not for sale

# CitraNatal<sup>®</sup> 90 DHA

## Rx Prenatal Supplement Tablet and 300 mg DHA Soft Gel

**DESCRIPTION:** CitraNatal<sup>®</sup> 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease<sup>®</sup>, 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 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 caramel colored and contains a light yellow to orange semi-solid mixture.

### Each prenatal tablet contains:

|                                               |         |
|-----------------------------------------------|---------|
| Vitamin C (Ascorbic acid).....                | 120 mg  |
| Calcium (Calcium citrate).....                | 159 mg  |
| Iron (Carbonyl iron, ferrous gluconate).....  | 90 mg   |
| Vitamin D <sub>3</sub> (Cholecalciferol)..... | 400 IU  |
| Vitamin E (dl-alpha tocopheryl acetate).....  | 30 IU   |
| Thiamin (Vitamin B <sub>1</sub> ).....        | 3 mg    |
| Riboflavin (Vitamin B <sub>2</sub> ).....     | 3.4 mg  |
| Niacinamide (Vitamin B <sub>3</sub> ).....    | 20 mg   |
| Vitamin B <sub>6</sub> (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, sunflower lecithin, and ascorbyl palmitate. |                       |

**INDICATIONS:** CitraNatal<sup>®</sup> 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 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 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 Harmony, CitraNatal Assure and CitraNatal 90 DHA contain life'sDHA<sup>®</sup>, a trademark of DSM.



DHA soft gels manufactured by:  
MISSION PHARMACAL COMPANY  
San Antonio, TX USA 78230 1355

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

CitraNatal Harmony soft gels are  
MADE IN CANADA for:  
MISSION PHARMACAL COMPANY  
San Antonio, TX USA 78230 1355



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CitraNatal Harmony, CitraNatal Assure, CitraNatal B-Calm, CitraNatal 90 DHA and CitraNatal Bloom contain Ferr-Ease<sup>®</sup>.



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U.S. Patent No. 6,521,247

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