

CitraNatal[®] DHA

Rx Prenatal Supplement Tablet
and 250 mg DHA Soft Gel

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TRUSTED FORMULATION

Quality ingredients, true comfort:

27 mg Ferri-Ease[®] dual-iron
250 mg life'sDHA[®]
124 mg Calcium (Calcium Citrate)
Stool softener

Please see side of carton for other important ingredients.

SEE 5-DAY BUSTER PACKS
in Child-Resistant Packaging

NDC 0178-0894-30
Rx Only

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and 250 mg DHA Soft Gel

DESCRIPTION: CitraNatal[®] DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferri-Ease[®], 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, scored, oval multi-vitamin/mineral tablet. The tablet is debossed "CN 1" on one side and is blank on the other. The essential fatty acid DHA soft gel is orange colored and contains a light yellow to orange semi-solid interior.

Each prenatal tablet contains:

Vitamin C (Ascorbic acid)	120 mg
Calcium (Calcium citrate)	124 mg
Iron (Carbonyl iron, ferrous gluconate)	27 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
Decanoate Sodium	50 mg

Each DHA gelatin soft gel contains:

Docosahexaenoic Acid (DHA, 42% from 625 mg Algal Oil)	250 mg
Eicosapentaenoic Acid (EPA)	Not more than 1,625 mg
Other ingredients in DHA soft gel:	High-oleic sunflower oil, sunflower lecithin, rosemary extract, tocopherols, ascorbyl palmitate.

INDICATIONS: CitraNatal[®] 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.

WARNINGS: 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

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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 5 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.

DOSEAGE 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 dissolve or erode the tablet.

HOW SUPPLIED: Six child-resistant blister packs of 5 tablets and 5 soft gels each - NDC 0178-0894-30.

To report a serious adverse event or obtain product information, call (800) 621-3333.

Please consult your health care provider with any dietary concerns.



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DHA soft gel manufactured for
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Prenatal vitamin manufactured for
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