

DESCRIPTION: CitraNatal Harmony[®] is a prescription prenatal/postnatal multivitamin/mineral soft gelatin capsule. The prenatal vitamin is a purple, opaque soft gelatin capsule containing a greenish-gray liquid to semi-solid fill. The capsule is printed "0707" in white ink.

Each prenatal capsule contains:

Calcium (Calcium citrate).....	104 mg
Iron (Carbonyl Iron).....	29 mg
Vitamin D ₃ (Cholecalciferol).....	400 IU
Vitamin E (dl-alpha tocopheryl acetate).....	30 IU
Vitamin B ₉ (Pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg
Docosate Sodium.....	50 mg
Docosahexaenoic Acid (DHA)	
40% from 500 mg Algal Oil.....	265 mg

INDICATIONS: CitraNatal Harmony[®] is a multivitamin/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.



NDC 0178-0797-30

Rx Only

CitraNatal Harmony[®]

**Rx Prenatal Vitamin
Gel Cap**

30 Capsules



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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 B₁₂ is deficient.

HOW SUPPLIED: Bottles of 30 capsules each - NDC 0178-0797-30.

To report a serious adverse event or obtain product information, call (710) 595-8400.

Please consult your health care provider with any dietary concerns.

March of Dimes does not endorse specific products or brands. March of Dimes is a registered trademark of the March of Dimes Foundation.



Another way to live with life'sVita.
100% Natural. 100% Pure.
100% Healthy. 100% Life.



Manufactured for:
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MADE IN CANADA

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