citranatal.com

CitraNatal B-CALM®

Rx Prenatal Tablet and two
25 mg each Vitamin B_6 Tablets

WHEN YOU NEED B_6

Quality ingredients, true comfort:

20 mg Ferr-Ease® dual-iron
120 mg Calcium (calcium citrate)
75 mg Vitamin B_6
1 mg Folic acid

Please see side of carton for other important ingredients.

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NDC 0178-0832-30
Rx Only

SIX 5-DAY BLISTER PACKS
In Child-Resistant Packaging

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DESCRIPTION: CitraNatal B-Calm® is a prescription prenatal/postnatal multi-vitamin/mineral tablet with B_6, along with two vitamin B_6 tablets. The prenatal tablet contains Ferr-Ease®, a 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_6 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_3 (cholecalciferol)	400 IU
Vitamin B_6 (pyridoxine HCl)	25 mg
Folic Acid	1 mg

Each vitamin B_6 tablet contains:

Vitamin B_6 (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_{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.

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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/mineral tablets and 10 vitamin B_6 tablets each - **NDC** 0178-0832-30.

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

Please consult your health care provider with any dietary concerns.

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

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

Mission® PHARMACAL

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