

Rx Only
NDC 0178-0832-30



*The gentle option for
additional B₆*

CitraNatal B-Calm

Rx Prenatal Vitamin and two 25 mg each Vitamin B₆ tablets

A prescription
prenatal supplement
with 1 mg of folic
acid and a high level
of vitamin B₆ which
may act as an
antiemetic.

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supporter of the March of Dimes.*



CONTAINS
Six 5-day Blister Packs

CitraNatal B-Calm

Rx Prenatal Vitamin and two 25 mg each Vitamin B₆ tablets

A prescription prenatal supplement with 1 mg folic acid and a high level of vitamin B₆ which may act as an antiemetic.

DESCRIPTION: CitraNatal B-Calm® is a prescription prenatal multivitamin/mineral tablet with B₆, along with two vitamin B₆ tablets. The prenatal tablet contains Ferr-Ease®, a patented dual-iron delivery comprising both a quick release and slow release iron. The prenatal tablet is white, coated, modified oval, and is debossed with "0832" on one side and is blank on the other. The B₆ 25 mg tablets are white to off-white, uncoated, round, and are debossed with "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 B₆ tablet contains:

Vitamin B ₆ (Pyridoxine HCl)	25 mg
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INDICATIONS: CitraNatal B-Calm® 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. 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 AND ALL DRUGS OUT OF THE REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.



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WARNING: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient.

PRECAUTION: Folic acid in doses above 0.1 mg daily may obscure pernicious anemia, in that hematologic remission can occur while neurological manifestations remain progressive.

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. Store at controlled room temperature.

NOTICE: Contact with moisture can discolor or erode tablets.

HOW SUPPLIED: Six child-resistant blister packs of 5 multivitamin/multimineral tablets and 10 vitamin B₆ tablets each - NDC 0178-0832-30.

To report a serious adverse event or obtain product information, call (210) 696-8400.

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CitraNatal B-Calm

Rx Prenatal Vitamin and two 25 mg each Vitamin B₆ tablets

- Prenatal vitamin supplementation plus additional vitamin B₆ which may help relieve nausea and vomiting

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