

citranatal.com

CitraNatal[®] DHA

Rx Prenatal Vitamin Tablet
and 250 mg DHA Soft Gel

- Patented dual-iron formulation
- Gentle calcium citrate for less gas and bloating
- Natural, plant-based DHA for your baby's healthy development
- Gluten and lactose free

*Gentle nutrition
for baby and mom*

Contains
Stool
Softener

Rx Only
NDC 0178-0894-30

*Gentle nutrition
for baby and mom*

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march of dimes[®]

Mission Pharmacal is a proud
supporter of the March of Dimes.[®]

Mission[®]
PHARMACAL

CONTAINS
Six 5-day Blister Packs



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DESCRIPTION: CitraNatal[®] DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron, and a soft gel of 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 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)	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)	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 625 mg Algal Oil)	250 mg
Eicosapentaenoic Acid (EPA)	Not more than 0.625 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.

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.

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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.

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 0178-0894-30.

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

Please consult your health care provider with any dietary concerns.

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C01 Rev 002140

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Mission[®]
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DHA soft gels manufactured for:
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San Antonio, TX USA 78230 1355
Prenatal tablets manufactured by:
MISSION PHARMACAL COMPANY
San Antonio, TX USA 78230 1355

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Ferr-Ease[®]
Dual-iron delivery

Trademark of Mission Pharmacal Company
U.S. Patent No. 6,521,247

life'sDHA[®]

life'sDHA is a trademark of DSM.
U.S. Patent No. 7,579,174
U.S. Patent No. 7,732,170
U.S. Patent No. 5,518,918

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