

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.

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 capsule daily or as directed by a physician.

Store at controlled room temperature.

NOTICE: Contact with moisture can discolor or erode the capsule.

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 "0796" in white ink.

Each prenatal capsule contains:

Calcium (Calcium citrate).....	104 mg
Iron (Ferrous fumarate, carbonyl iron)	27 mg
Vitamin D3 (Cholecalciferol).....	400 IU
Vitamin E (dl-alpha tocopheryl acetate)	30 IU
Vitamin B6 (Pyridoxine HCl).....	25 mg
Folic Acid.....	1 mg
Docusate Sodium	50 mg
Docosahexaenoic Acid (DHA 40% from 650 mg Algal Oil).....	260 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 0178-0796-30

Rx Only

CitraNatal Harmony®

Rx Prenatal Vitamin
Gel Cap

30 Capsules



Mission Pharmaceutical is a proud supporter of the March of Dimes.™



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L079630 C01 Rev 007130



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HOW SUPPLIED: Bottles of 30 capsules each - NDC 0178-0796-30.

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

Please consult your health care provider with any dietary concerns.

*March of Dimes does not endorse specific products or brands.

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Life'sDHA is a trademark of DSM.
U.S. Patent No. 7,163,811
U.S. Patent No. 7,324,892



Ferr-Ease is a trademark of Mission Pharmaceutical Company.
U.S. Patent No. 6,521,247



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MADE IN CANADA

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