

Rx Only
NDC 0178-0829-30

CitraNatal 90 DHA

Rx Prenatal Vitamin Tablet and 300 mg DHA Capsule

Child-Resistant Blister Packaging



#1
Rx prenatal
vitamin brand*

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*The gentle option
for additional iron*

CitraNatal 90 DHA

Rx Prenatal Vitamin Tablet and 300 mg DHA Capsule

- 90 mg Fer-Ease®, a 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

*The gentle option
for additional iron*

Contains
Stool
Softener

An Rx prenatal
vitamin and
omega-3 (DHA)
derived from an
all natural
plant source



march of dimes

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supporter of the March of Dimes.®



CONTAINS
Six 5-day Blister Packs

CitraNatal 90 DHA

Rx Prenatal Vitamin Tablet and 300 mg DHA Capsule

DESCRIPTION: CitraNatal® 90 DHA is a prescription prenatal/postnatal multi-vitamin/mineral tablet with Fer-Ease®, a patented dual-iron delivery complexing both a quick-release and slow-release iron, and a capsule of an essential fatty acid. The prenatal vitamin is a scored, white, oval multi-vitamin/mineral tablet. The tablet is debossed "CN 90" on one side and "DP" bisect "50" on the other. The essential fatty acid DHA capsule is a 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).....	160 mg
Iron (Carbonyl Iron, Ferrous gluconate).....	90 mg
Vitamin D ₃ (Cholecalciferol).....	400 IU
Vitamin E (dl- α -tocopherol succinate).....	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
Decussate Sodium.....	50 mg

Each DHA gelatin capsule contains:	
Docosahexaenoic Acid.....	300 mg
DHA, 40% from 750 mg Algal Oil.....	Not more than 0.750 mg
Eicosapentaenoic Acid (EPA).....	Not more than 0.750 mg
Other ingredients in DHA gelatin capsule: High Oleic Sunflower Oil, Sunflower Lecithin, Polyunsaturate Extract, Tocopherols, Ascorbyl Palmitate.	

INDICATION: CitraNatal® 90 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 non-lactating 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.

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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.

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.

DOSE AND ADMINISTRATION: One tablet and one capsule daily or as directed by a physician.

STORAGE: Store at 20-25°C (68-77°F).

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

HOW SUPPLIED: Six child-resistant blister packs of 5 tablets and 5 capsules each - NDC 0178-0829-30

To report a serious adverse event or obtain product information, call (214) 699-0400.

MSL
CNI Rev 011110

CitraNatal.com



DHA capsule manufactured by
MISSION PHARMACAL COMPANY
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Fer-Ease® capsules manufactured by
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