

CitraNatal[®] 90 DHA

Rx Prenatal Vitamin Tablet and 300 mg DHA Capsule

- 90 mg Ferr-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

*The gentle option
for additional iron*

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Mission Pharmacal is a proud
supporter of the March of Dimes.*



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

CONTAINS
Six 5-day Blister Packs

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DESCRIPTION: CitraNatal[®] 90 DHA is a prescription prenatal/postnatal multivitamin/mineral tablet with Ferr-Ease[®], a patented dual-iron delivery comprising both a quick release and slow release iron, and a capsule of an essential fatty acid. The prenatal vitamin is a scored, white, oval multivitamin/mineral tablet. The tablet is debossed "CIN 90" on one side and "0821" on the other. The essential fatty acid DHA capsule 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)	150 mg
Iron (Carbonyl iron, ferrous gluconate)	90 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
Docosate Sodium	50 mg

Each DHA gelatin capsule contains:

Docosahexaenoic Acid (DHA, 40% from 750 mg Algal Oil)	300 mg
Eicosapentaenoic Acid (EPA)	Not more than 0.750 mg
Other ingredients in DHA gelatin capsule: Gelatin, sunflower oil, glycerin, caramel color, sunflower lecithin, rosemary extract, tocopherols, ascorbyl palmitate.	

INDICATIONS: CitraNatal[®] 90 DHA 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.

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.

DOSAGE 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 0178-0821-30

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 011130

citr natal.com



DHA capsules manufactured for:
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San Antonio, TX USA 78230 1355

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

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life'sDHA is a trademark of DSM
U.S. Patent No. 7,579,174
U.S. Patent No. 7,732,129
U.S. Patent No. 5,518,819

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