



[Home](#)

2. [FDA PI](#)

3. [CitraNatal 90 DHA](#)

CitraNatal 90 DHA: Package Insert / Prescribing Info

Package insert / product label

Generic name: [vitamin C](#), [calcium](#), [iron](#), [vitamin D3](#), [vitamin E](#), [thiamin](#), [riboflavin](#), [niacinamide](#), [vitamin B6](#), [folic acid](#), [iodine](#), [zinc](#), [copper](#), [docusate sodium](#)

Dosage form: [tablet](#)

Drug classes: [Iron products](#), [Vitamin and mineral combinations](#)

[Medically reviewed](#) by Drugs.com. Last updated on Jan 14, 2024.

On This Page

[Indications and Usage](#)

[Contraindications](#)

[Warnings](#)

[Precautions](#)

[Adverse Reactions/Side Effects](#)

[Dosage and Administration](#)

[Storage and Handling](#)

[How Supplied/Storage and Handling](#)

WARNING:Accidental overdose of iron-containingproducts 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.

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 white, oval multivitamin/mineral tablet. The tablet is debossed “CN 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)	159 mg
Iron (Carbonyl iron, ferrous gluconate)	90 mg
Vitamin D3 (Cholecalciferol)	400 IU
Vitamin E (dl-alpha tocopheryl acetate)	30 IU
Thiamin (Vitamin B1)	3 mg
Riboflavin (Vitamin B2)	3.4 mg
Niacinamide (Vitamin B3)	20 mg
Vitamin B6 (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 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, glycerin, sunflower oil, water, caramel color, tocopherols, rosemary extract, sunflower lecithin, ascorbyl palmitate.

Indications and Usage for CitraNatal 90 DHA

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.

Warnings

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/Side Effects

Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

CitraNatal 90 DHA Dosage and Administration

One tablet and one capsule daily or as directed by a physician.

Storage and Handling

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 - **NDC0178-0821-30**

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

Please consultyour health care provider with any dietary concerns.

51072R1120

DHA capsules manufactured for:

MISSION PHARMACAL COMPANY

San Antonio, TX USA 78230 1355

Prenatal tablets manufactured by:

MISSION PHARMACAL COMPANY

San Antonio, TX USA 78230 1355

Ferr-Ease™

Dual-iron delivery

Trademark of Mission Pharmacal Company

CitraNatal®90DHA Carton

NDC: 0178-0821-30



CITRANATAL 90 DHA

vitamin c, calcium, iron, vitamin d3, vitamin e, thiamin, riboflavin, niacinamide, vitamin b6, folic acid, iodine, zinc, copper, docusate sodium tablet

Product Information

Product Type	HUMAN PRESCRIPTION DRUG	Item Code (Source)	NDC:0178-0821
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
ASCORBIC ACID (UNII: PQ6CK8PD0R) (ASCORBIC ACID - UNII:PQ6CK8PD0R)	ASCORBIC ACID	120 mg
IRON (UNII: E1UOL152H7) (IRON - UNII:E1UOL152H7)	IRON	85 mg
.ALPHA.-TOCOPHEROL ACETATE (UNII: 9E8X80D2L0) (.ALPHA.-TOCOPHEROL - UNII:H4N855PNZ1)	.ALPHA.-TOCOPHEROL	30 [iU]
THIAMINE (UNII: X66NSO3N35) (THIAMINE ION - UNII:4ABT0J945J)	THIAMINE	3 mg
NIACINAMIDE (UNII: 25X51I8RD4) (NIACINAMIDE - UNII:25X51I8RD4)	NIACINAMIDE	20 mg
PYRIDOXINE HYDROCHLORIDE (UNII: 68Y4CF58BV) (PYRIDOXINE - UNII:KV2JZ1BI6Z)	PYRIDOXINE HYDROCHLORIDE	20 mg
FOLIC ACID (UNII: 935E97BOY8) (FOLIC ACID - UNII:935E97BOY8)	FOLIC ACID	1 mg
ZINC OXIDE (UNII: SOI2LOH54Z) (ZINC OXIDE - UNII:SOI2LOH54Z)	ZINC OXIDE	25 mg
CUPRIC OXIDE (UNII: V1XJQ704R4) (CUPRIC CATION - UNII:8CBV67279L)	CUPRIC CATION	2 mg
DOCUSATE SODIUM (UNII: F05Q2T2JA0) (DOCUSATE - UNII:M7P27195AG)	DOCUSATE SODIUM	50 mg
CALCIUM CITRATE (UNII: MLM29U2X85) (CALCIUM CATION - UNII:2M83C4R6ZB)	CALCIUM CITRATE	159 mg
THIAMINE MONONITRATE (UNII: 8K0I04919X) (THIAMINE ION - UNII:4ABT0J945J)	THIAMINE	4.54 mg
POTASSIUM IODIDE (UNII: 1C4QK22F9J) (IODIDE ION - UNII:09G4I6V86Q)	POTASSIUM IODIDE	150 ug
FERROUS GLUCONATE (UNII: U1B11I423Z) (FERROUS CATION - UNII:GW89581OWR)	FERROUS CATION	5 mg
VITAMIN D (UNII: 9VU1KI44GP) (VITAMIN D - UNII:9VU1KI44GP)	VITAMIN D	400 [iU]
RIBOFLAVIN (UNII: TLM2976OFR) (RIBOFLAVIN - UNII:TLM2976OFR)	RIBOFLAVIN	3.4 mg

Product Characteristics

Color	brown (caramel)	Score	2 pieces
Shape	CAPSULE	Size	10mm
Flavor		Imprint Code	CN;90;0821

Contains**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:0178-0821-30	6 in 1 CARTON	04/11/2014	
1		5 in 1 BLISTER PACK		
1		5 in 1 BLISTER PACK; Type 0: Not a Combination Product		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved drug other		04/11/2014	

Labeler - Mission Pharmacal Company (008117095)

Registrant - Mission Pharmacal Company (927726893)

Establishment

Name	Address	ID/FEI	Business Operations
Mission Pharmacal Company		927726893	manufacture(0178-0821)

More about CitraNatal 90 DHA (multivitamin, prenatal)

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(15\)](#)
- [Side effects](#)
- [Dosage information](#)
- [Drug class: iron products](#)

Professional resources

Other brands

[Prenatal 19](#), [Vitafol Ultra](#), [Prenatal Plus](#), [Prenate](#), ... +35 more

Related treatment guides

- [Vitamin/Mineral Supplementation during Pregnancy/Lactation](#)

[Medical Disclaimer](#)

DRUG STATUS

Availability	
Rx	Prescription only
CSA Schedule*	
N/A	Not a controlled drug



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4.6 / 10

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