

CITRANATAL HARMONY 3.0- calcium citrate, iron pentacarbonyl, cholecalciferol, .alpha.-tocopherol, dl-, pyridoxine hydrochloride, folic acid, docusate sodium, and doconexent capsule, gelatin coated
Mission Pharmacal Company

Disclaimer: This drug has not been found by FDA to be safe and effective, and this labeling has not been approved by FDA. For further information about unapproved drugs, click [here](#).

CitraNatal Harmony[®] (Calcium citrate, Iron pentacarbonyl, Cholecalciferol, .Alpha.-Tocopherol, DL-, Pyridoxine hydrochloride, Folic Acid, Docusate Sodium, and Doconexent) capsules for oral use.

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.

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	Vitamin B ₆ (Pyridoxine HCl)	25 mg
Iron (Ferrous fumarate, carbonyl iron)	27 mg	Folic Acid	1 mg
Vitamin D ₃ (Cholecalciferol)	400 IU	Docusate Sodium	50 mg
Vitamin E (dl-alpha tocopheryl acetate)	30 IU	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

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.

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.

Manufactured for:
MISSION PHARMACAL COMPANY
San Antonio, TX USA 78230 1355

CitraNatal Label


NDC 0178-0796-30



NDC 0178-0796-30 Rx Only

CitraNatal HARMONY
Rx Prenatal Soft Gel

30 SOFT GELS
In Child-Resistant Packaging



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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.

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

To report a serious adverse event or obtain product information, call (800) 298-1087.


Please consult your health care provider with any dietary concerns.

citratanatal.com



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CitraNatal Harmony soft gels are MADE IN CANADA for: MISSION PHARMACAL COMPANY San Antonio, TX USA 78230 1355



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CITRANATAL HARMONY 3.0

calcium citrate, iron pentacarbonyl, cholecalciferol, .alpha.-tocopherol, dI-, pyridoxine hydrochloride, folic acid, docusate sodium, and doconexent capsule, gelatin coated

Product Information

Product Type	HUMAN PRESCRIPTION DRUG	Item Code (Source)	NDC:0178-0796
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
CALCIUM CITRATE (UNII: MLM29U2X85) (CALCIUM CATION - UNII:2M83C4R6ZB)	CALCIUM CITRATE ANHYDROUS	104 mg
IRON (UNII: E1UOL152H7) (IRON - UNII:E1UOL152H7)	IRON	27 mg
CHOLECALCIFEROL (UNII: 1C6V77QF41) (CHOLECALCIFEROL - UNII:1C6V77QF41)	CHOLECALCIFEROL	400 [iU]
.ALPHA.-TOCOPHEROL (UNII: H4N855PNZ1) (.ALPHA.-TOCOPHEROL - UNII:H4N855PNZ1)	.ALPHA.-TOCOPHEROL	30 [iU]
PYRIDOXINE (UNII: KV2JZ1BI6Z) (PYRIDOXINE - UNII:KV2JZ1BI6Z)	PYRIDOXINE	25 mg
FOLIC ACID (UNII: 935E97BOY8) (FOLIC ACID - UNII:935E97BOY8)	FOLIC ACID	1 mg
DOCUSATE SODIUM (UNII: F05Q2T2JA0) (DOCUSATE - UNII:M7P27195AG)	DOCUSATE SODIUM	50 mg
DOCONEXENT (UNII: ZAD9OKH9JC) (DOCONEXENT - UNII:ZAD9OKH9JC)	DOCONEXENT	260 mg

Inactive Ingredients

Ingredient Name	Strength
GELATIN (UNII: 2G86QN327L)	

Product Characteristics

Color	purple (opaque)	Score	no score
Shape	CAPSULE	Size	25mm
Flavor		Imprint Code	0796

Contains**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:0178-0796-30	30 in 1 BOTTLE; Type 0: Not a Combination Product	03/21/2014	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved drug other		03/21/2014	11/30/2025

Labeler - Mission Pharmacal Company (008117095)**Registrant** - Mission Pharmacal Company (927726893)

Revised: 5/2025

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