

Complete Natal DHA Prescribing Information

Multivitamin/Multimineral Tablet

Supplement Facts		
Serving Size: 1 Tablet Servings Per Container: 30		
	Amount Per Serving	% DV for Pregnant and Lactating Women
Vitamin A (as Beta-Carotene)	900 mcg RAE (3000 IU)	69%
Vitamin C (Ascorbic Acid)	120 mg	100%
Vitamin D (as Cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 mg*	79%
Thiamin (as Thiamine Mononitrate)	1.8 mg	129%
Riboflavin	4 mg	250%
Niacin (as Niacinamide)	20 mg NE	111%
Vitamin B ₆ (as Pyridoxine HCl)	25 mg	1250%
Folate	1667 mcg DFE (1000 mcg Folic Acid)	278%
Vitamin B ₁₂ (as Cyanocobalamin)	12 mcg	429%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (from Ferrrous Bisglycinate and Iron Protein Succinylate)	29 mg	107%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	25 mg	192%
Copper (as Cupric Oxide)	2 mg	154%

*30 mg dl-Alpha Tocopheryl Acetate equivalent to 15 mg Alpha-Tocopherol

Omega-3 Fatty Acid Capsule

Supplement Facts		
Serving Size: 1 Softgel Capsule Servings Per Container: 30		
	Amount Per Serving	% DV for Pregnant and Lactating Women
DHA (Docosahexaenoic Acid)	200 mg	†

† Daily Value (DV) not established

Other Ingredients:

Tablets: Microcrystalline Cellulose, Croscarmellose Sodium, Tripotassium Citrate, Coating (Hypromellose, Polyethylene Glycol, Polysorbate 80, Castor Oil), Acacia, Citric Acid, Povidone K30, Fumed Silica, Magnesium Stearate and Stearic Acid

Soft gelatin capsules: Bovine Gelatin, Glycerin, Water, and Ethyl Vanillin.

THIS PRODUCT CONTAINS SOY AND FISH OIL (ANCHOVIES & SARDINES).

Complete Natal DHA is a multivitamin/multimineral and omega-3 fatty acid supplement indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the post-natal period for both lactating and non-lactating mothers.

CONTRAINDICATIONS

Supplemental vitamins and minerals should not be prescribed for patients with hemochromatosis or Wilson's disease. This product is contraindicated in patients with known hypersensitivity to any of the ingredients including soy or fish oil.

WARNINGS

Administration of omega-3 fatty acids should be avoided in patients taking anticoagulants and in those known to have an inherited or acquired predisposition to bleeding.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

PRECAUTIONS

General: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient. Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

The patient's medical conditions and consumption of other drugs, herbs, and/or supplements should be considered.

Pediatric Use: Safety and effectiveness in pediatric patients have not been established.

Geriatric Use: Safety and effectiveness in elderly populations have not been established.

DRUG INTERACTIONS

Complete Natal DHA is not recommended for and should not be given to patients receiving levodopa because the action of levodopa is antagonized by pyridoxine. There is a possibility of increased bleeding due to pyridoxine interaction with anticoagulants (e.g., Aspirin, Heparin, Clopidogrel).

ADVERSE REACTIONS

Adverse reactions with iron therapy are usually transient and may include constipation, diarrhea, nausea, vomiting, dark stool and abdominal pain.

DESCRIPTION

Complete Natal DHA tablets are clear coated, speckled light brown, oval tablets with debossed "01030" on one side. Complete Natal DHA soft gelatin capsules are oblong, clear transparent soft gel capsules containing a pale yellow oil/liquid.

DIRECTIONS FOR USE

Take one tablet and one soft gelatin capsule by mouth daily, or as prescribed by a physician. The tablet and soft gelatin capsule may be taken together or at different times of the day.

HOW SUPPLIED

Complete Natal DHA is supplied in a 30 day unit-of-use dispensing carton containing 6 blister cards of 5 tablets and 5 soft gelatin capsules each.

Product Code: 13811-010-30

STORAGE: Store at 20°-25°C (68°-77°F), excursions permitted to 15°-30°C (59°-86°F) [See USP Controlled Room Temperature]. Protect from moisture and excessive heat. Note that contact with moisture may produce surface discoloration of the tablet.

KEEP OUT OF REACH OF CHILDREN.

For use on the order of a healthcare practitioner.

Call your doctor about side effects. To report side effects, call Trigen Laboratories, LLC at 1-888-9-TRIGEN (1-888-987-4436) or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Customer Service: 1-888-987-4436

Rev. 09/2018

Manufactured for:
Trigen Laboratories, LLC
Bridgewater, NJ 08807



www.trigenlab.com