

**M-NATAL PLUS- vitamin a, vitamin c, vitamin d, vitamin e, thiamine, riboflavin, niacin, vitamin b6, folic acid, vitamin b12, calcium, iron, zinc, copper tablet**

**Method Pharmaceuticals, LLC**

*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.*

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**M-Natal Plus**

**M-Natal Plus tablet**

| <b>Supplement Facts</b>                         |                    |                                                         |
|-------------------------------------------------|--------------------|---------------------------------------------------------|
| Serving Size: 1 Tablet                          |                    |                                                         |
|                                                 | Amount Per Serving | % Daily Value<br>for Pregnant<br>and Lactating<br>Women |
| Vitamin A (as Acetate and Beta Carotene)        | 4000 IU            | 50%                                                     |
| Vitamin C (Ascorbic Acid)                       | 120 mg             | 200%                                                    |
| Vitamin D (Vitamin D3 as cholecalciferol)       | 400 IU             | 100%                                                    |
| Vitamin E (dl-Alpha Tocopheryl Acetate)         | 22 IU              | 73%                                                     |
| Thiamine (Vitamin B1 from Thiamine Mononitrate) | 1.84 mg            | 108%                                                    |
| Riboflavin (Vitamin B2)                         | 3 mg               | 150%                                                    |
| Niacin (Niacinamide)                            | 20 mg              | 100%                                                    |
| Vitamin B6 (as Pyridoxine HCl)                  | 10 mg              | 400%                                                    |
| Folic Acid                                      | 1 mg               | 125%                                                    |
| Vitamin B12 (Cyanocobalamin)                    | 12 mcg             | 150%                                                    |
| Calcium                                         | 200 mg             | 15%                                                     |
| Iron (Ferrous Fumarate)                         | 27 mg              | 150%                                                    |
| Zinc (Zinc Oxide)                               | 25 mg              | 167%                                                    |
| Copper (Cupric Oxide)                           | 2 mg               | 100%                                                    |

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Polyvinyl Alcohol, Stearic Acid, Titanium Dioxide, Polyethylene Glycol, Talc, Magnesium Stearate, Silicon Dioxide, Beet Powder, Caramel, Carnauba Wax.

**DESCRIPTION**

M-Natal Plus Tablet is an orally administered prenatal/postnatal prescription folic acid-containing dietary supplement and should be administered under the supervision of a licensed medical practitioner.

**DOSAGE AND ADMINISTRATION**

Before, during and/or after pregnancy, one tablet daily, with a meal, or as directed by a licensed healthcare practitioner regardless of lactation status.

**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.**

## CAUTION

High levels of folic acid may, especially in older adults, hide signs of Vitamin B-12 deficiency (such as pernicious anemia), a condition that can cause nerve damage.

Store at 15° – 30°C (59° – 86°F). [See USP Controlled Room Temperature.] Protect from light and moisture. Dispense in a tight, light-resistant container. Notice: Contact with moisture may produce surface discoloration or erosion.

**Call your licensed medical practitioner about side effects. You may report side effects by calling Method at 1-877-250-3427 or FDA at 1-800-FDA-1088.**

## HOW SUPPLIED

Supplied as beige tablet, imprinted "M170" dispensed in bottles of 100 tablets.

## Manufactured By:

Method Pharmaceuticals, LLC

Fort Worth, Texas 76118

Rev. 08/2018

## PRINCIPAL DISPLAY PANEL

NDC 58657-170-01

**M-Natal Plus  
tablet**

PRENATAL/POSTNATAL

**100 Tablets**

**Rx Only**

| Supplement Facts                                            |                    |                                                |
|-------------------------------------------------------------|--------------------|------------------------------------------------|
| Serving Size: 1 Tablet                                      |                    |                                                |
|                                                             | Amount Per Serving | % Daily Value for Pregnant and Lactating Women |
| Vitamin A (as Acetate and Beta Carotene)                    | 4000 IU            | 50%                                            |
| Vitamin C (Ascorbic Acid)                                   | 120 mg             | 200%                                           |
| Vitamin D (Vitamin D <sub>3</sub> as cholecalciferol)       | 400 IU             | 100%                                           |
| Vitamin E (dl-Alpha Tocopheryl Acetate)                     | 22 IU              | 73%                                            |
| Thiamine (Vitamin B <sub>1</sub> from Thiamine Mononitrate) | 1.84 mg            | 100%                                           |
| Riboflavin (Vitamin B <sub>2</sub> )                        | 3 mg               | 150%                                           |
| Niacin (Nicotinamide)                                       | 20 mg              | 100%                                           |
| Vitamin B <sub>6</sub> (as Pyridoxine HCl)                  | 10 mg              | 400%                                           |
| Folic Acid                                                  | 1 mg               | 125%                                           |
| Vitamin B <sub>12</sub> (Cyanocobalamin)                    | 12 mcg             | 150%                                           |
| Calcium                                                     | 200 mg             | 15%                                            |
| Iron (Ferrous Fumarate)                                     | 27 mg              | 150%                                           |
| Zinc (Zinc Oxide)                                           | 25 mg              | 167%                                           |
| Copper (Cupric Oxide)                                       | 2 mg               | 100%                                           |

Lot:  
Exp:

  
NDC 58657-170-01

**M-Natal Plus  
tablet**

**PRENATAL / POSTNATAL**

Prescription Folic Acid-Containing  
Dietary Supplement

**Rx**

**100 Tablets** Made in USA

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Polyvinyl Alcohol, Stearic Acid, Titanium Dioxide, Polyethylene Glycol, Talc, Magnesium Stearate, Silicon Dioxide, Butyl Powder, Carnauba Wax.

Contains FD&C Red #40 (Lakes), FD&C Blue #2 Aluminum Lake, and FD&C Yellow Lake #5.

**DESCRIPTION:** M-Natal Plus Tablet is an orally administered prenatal/postnatal prescription folic acid-containing dietary supplement and should be administered under the supervision of a licensed medical practitioner.

**DOSAGE AND ADMINISTRATION:** Before, during and/or after pregnancy, one tablet daily, with a meal, or as directed by a licensed healthcare practitioner regardless of lactation status.

**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.

**CAUTION:** High levels of folic acid may, especially in older adults, hide signs of Vitamin B-12 deficiency (such as pernicious anemia), a condition that can cause nerve damage.

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Manufactured By:  
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Fort Worth, Texas 76118  
Rev. 08/2018

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**Lift Here**

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Store at 15° - 30°C (59° - 86°F). [See USP Controlled Room Temperature.] Protect from light and moisture. Dispense in a light, light-resistant container. Notice: Contact with moisture may produce surface discoloration or erosion.

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**M-Natal Plus tablet**

| Supplement Facts                                            | % Daily Value for Pregnant and Lactating Women |
|-------------------------------------------------------------|------------------------------------------------|
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| Thiamine (Vitamin B <sub>1</sub> from Thiamine Mononitrate) | 1.84 mg 108%                                   |
| Riboflavin (Vitamin B <sub>2</sub> )                        | 3 mg 150%                                      |
| Niacin (Nicotinamide)                                       | 20 mg 100%                                     |
| Vitamin B <sub>6</sub> (as Pyridoxine HCl)                  | 10 mg 400%                                     |
| Folic Acid                                                  | 1 mg 125%                                      |
| Vitamin B <sub>12</sub> (Cyanocobalamin)                    | 12 mcg 150%                                    |
| Calcium                                                     | 200 mg 15%                                     |
| Iron (Ferrous Fumarate)                                     | 27 mg 150%                                     |
| Zinc (Zinc Oxide)                                           | 25 mg 167%                                     |
| Copper (Cupric Oxide)                                       | 2 mg 100%                                      |

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Polyvinyl Alcohol, Stearic Acid, Titanium Dioxide, Polyethylene Glycol, Talc, Magnesium Stearate, Silicon Dioxide, Beet Powder, Carmel, Cornstarch Wax.

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**M-NATAL PLUS**

vitamin a, vitamin c, vitamin d, vitamin e, thiamine, riboflavin, niacin, vitamin b6, folic acid, vitamin b12, calcium, iron, zinc, copper tablet

**Product Information**

|                                |                         |                           |               |
|--------------------------------|-------------------------|---------------------------|---------------|
| <b>Product Type</b>            | HUMAN PRESCRIPTION DRUG | <b>Item Code (Source)</b> | NDC:58657-170 |
| <b>Route of Administration</b> | ORAL                    |                           |               |

**Active Ingredient/Active Moiety**

| Ingredient Name                                                                      | Basis of Strength          | Strength  |
|--------------------------------------------------------------------------------------|----------------------------|-----------|
| VITAMIN A (UNII: 81G40H8B0T) (VITAMIN A - UNII:81G40H8B0T)                           | VITAMIN A                  | 4000 [iU] |
| ASCORBIC ACID (UNII: PQ6CK8PD0R) (ASCORBIC ACID - UNII:PQ6CK8PD0R)                   | ASCORBIC ACID              | 120 mg    |
| VITAMIN D (UNII: 9VU1KI44GP) (CHOLECALCIFEROL - UNII:1C6V77QF41)                     | VITAMIN D                  | 400 [iU]  |
| .ALPHA.-TOCOPHEROL ACETATE (UNII: 9E8X80D2L0) (.ALPHA.-TOCOPHEROL - UNII:H4N855PNZ1) | .ALPHA.-TOCOPHEROL ACETATE | 22 [iU]   |
| THIAMINE (UNII: X66NSO3N35) (Thiamine ION - UNII:4ABT0J945J)                         | THIAMINE                   | 1.84 mg   |
| RIBOFLAVIN (UNII: TLM2976OFR) (RIBOFLAVIN - UNII:TLM2976OFR)                         | RIBOFLAVIN                 | 3 mg      |
| NIACIN (UNII: 2679MF687A) (NIACIN - UNII:2679MF687A)                                 | NIACIN                     | 20 mg     |
| PYRIDOXINE HYDROCHLORIDE (UNII: 68Y4CF58BV) (PYRIDOXINE - UNII:KV2JZ1B16Z)           | PYRIDOXINE                 | 10 mg     |
| FOLIC ACID (UNII: 935E97BOY8) (FOLIC ACID - UNII:935E97BOY8)                         | FOLIC ACID                 | 1 mg      |

|                                                                               |                |        |
|-------------------------------------------------------------------------------|----------------|--------|
| <b>CYANOCOBALAMIN</b> (UNII: P6YC3EG204) (CYANOCOBALAMIN - UNII:P6YC3EG204)   | CYANOCOBALAMIN | 12 ug  |
| <b>CALCIUM</b> (UNII: SY7Q814VUP) (CALCIUM - UNII:SY7Q814VUP)                 | CALCIUM        | 200 mg |
| <b>FERROUS FUMARATE</b> (UNII: R5L488RY0Q) (FERROUS CATION - UNII:GW89581OWR) | FERROUS CATION | 27 mg  |
| <b>ZINC</b> (UNII: J41CSQ7QDS) (ZINC - UNII:J41CSQ7QDS)                       | ZINC           | 25 mg  |
| <b>COPPER</b> (UNII: 789U1901C5) (COPPER - UNII:789U1901C5)                   | COPPER         | 2 mg   |

### Inactive Ingredients

| Ingredient Name                                          | Strength |
|----------------------------------------------------------|----------|
| <b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)     |          |
| <b>CROSCARMELLOSE SODIUM</b> (UNII: M28OL1HH48)          |          |
| <b>POLYVINYL ALCOHOL, UNSPECIFIED</b> (UNII: 532B59J990) |          |
| <b>STEARIC ACID</b> (UNII: 4ELV7Z65AP)                   |          |
| <b>TITANIUM DIOXIDE</b> (UNII: 15FIX9V2JP)               |          |
| <b>POLYETHYLENE GLYCOLS</b> (UNII: 3WJQ0SDW1A)           |          |
| <b>TALC</b> (UNII: 7SEV7J4R1U)                           |          |
| <b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)             |          |
| <b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)                |          |
| <b>CARAMEL</b> (UNII: T9D99G2B1R)                        |          |
| <b>CARNAUBA WAX</b> (UNII: R12CBM0EIZ)                   |          |

### Product Characteristics

|                 |                    |                     |          |
|-----------------|--------------------|---------------------|----------|
| <b>Color</b>    | BROWN (baige)      | <b>Score</b>        | no score |
| <b>Shape</b>    | RECTANGLE (oblong) | <b>Size</b>         | 19mm     |
| <b>Flavor</b>   |                    | <b>Imprint Code</b> | M170     |
| <b>Contains</b> |                    |                     |          |

### Packaging

| # | Item Code        | Package Description                                | Marketing Start Date | Marketing End Date |
|---|------------------|----------------------------------------------------|----------------------|--------------------|
| 1 | NDC:58657-170-01 | 100 in 1 BOTTLE; Type 0: Not a Combination Product | 10/01/2018           |                    |

### Marketing Information

| Marketing Category    | Application Number or Monograph Citation | Marketing Start Date | Marketing End Date |
|-----------------------|------------------------------------------|----------------------|--------------------|
| UNAPPROVED DRUG OTHER |                                          | 10/01/2018           |                    |

**Labeler** - Method Pharmaceuticals, LLC (060216698)