

when one heart  
becomes two

## Duet<sup>®</sup>DHA by StuartNatal<sup>®</sup>

Rx Only

**DESCRIPTION:** Duet<sup>®</sup>DHA is a prescription regimen of prenatal multi-vitamin, multi-mineral, and omega-3 fatty acid supplements, supplied as tablets and softgel capsules.

**Each yellow oval Duet<sup>®</sup> Tablet\* contains:**

### VITAMINS

|   |          |
|---|----------|
| A (beta carotene)                         | 3,000 IU |
| C (ascorbic acid)                         | 120 mg   |
| D (cholecalciferol)                       | 400 IU   |
| E (dl-alpha tocopheryl acetate)           | 30 mg    |
| B <sub>1</sub> (thiamine mononitrate)     | 1.8 mg   |
| B <sub>2</sub> (riboflavin)               | 4 mg     |
| Niacinamide                               | 20 mg    |
| B <sub>6</sub> (pyridoxine hydrochloride) | 25 mg    |
| Folic acid                                | 1 mg     |
| B <sub>12</sub> (cyanocobalamin)          | 12 mcg   |

### MINERALS

|  |        |
|--|--------|
| Calcium (calcium carbonate)                                | 200 mg |
| Iron (ferrous bisglycinate HCl and IronAid <sup>®</sup> 1) | 29 mg  |
| Magnesium (magnesium oxide)                                | 25 mg  |
| Zinc (zinc oxide)  | 25 mg  |
| Copper (cupric oxide)                                      | 2 mg   |

**Each translucent golden-colored oval DHA Softgel Capsule\* contains:**

430 mg purified omega-3 fatty acids including:  
At least 295 mg DHA (docosahexaenoic acid); also contains EPA (eicosapentaenoic acid) and other omega-3 fatty acids.

**OTHER INGREDIENTS (Duet<sup>®</sup> Tablet):** Acacia, Ascorbyl Palmitate, Butylated Hydroxytoluene, Casein, Cornstarch, Croscarmellose Sodium, Dicalcium Phosphate, dl-alpha Tocopherol, Gelatin, Hypromellose, Magnesium Stearate, Microcrystalline Cellulose, Mixed Glycerides, Polyethylene Glycol, Polysorbate 80, Silicon Dioxide, Sodium Aluminum Silicate, Sodium Ascorbate, Sodium Benzoate, Sorbic Acid, Sucrose, Titanium Dioxide.

**OTHER INGREDIENTS (DHA Softgel Capsule):** Gelatin, glycerin, and DHA and EPA concentrate derived from purified fish oil via a proprietary process.

**\*USP Compliance:** Duet<sup>®</sup> tablet is formulated in conformance with official U.S. Pharmacopeia (USP) standards of quality for potency, purity and dissolution. DHA softgel capsule complies with the standards and methods outlined in the CRN Voluntary Monograph for potency and purity.

**INDICATIONS:** Duet<sup>®</sup>DHA is a prescription regimen of prenatal multi-vitamin, multi-mineral, and omega-3 fatty acid supplements indicated for use in improving the nutritional status of women throughout pregnancy and in the post-natal period for both lactating and non-lactating mothers. Duet<sup>®</sup>DHA is also useful in improving nutritional status prior to conception.

**CONTRAINDICATIONS:** This product is contraindicated in patients with known hypersensitivity to any of the ingredients including fish or fish oil.

**WARNINGS:** Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where Vitamin B<sub>12</sub> is deficient.

Since daily ingestion of more than 3 grams per day of omega-3 fatty acids (including alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)) from fish oils may have potential antithrombotic activities and may increase bleeding times, administration of DHA should be avoided in patients with inherited or acquired bleeding diatheses, including those taking anticoagulants.

**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:** Folic acid in doses above 0.1 mg daily may obscure the diagnosis of pernicious anemia (hematologic remission may occur while neurological manifestations remain progressive).

**DRUG INTERACTIONS:** Pyridoxine supplements should be avoided in patients receiving levodopa alone, as the actions of levodopa may be antagonized.

**ADVERSE REACTIONS:** Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

**DOSAGE AND ADMINISTRATION:** Before, during and after pregnancy, one tablet and one softgel capsule taken by mouth daily, or as directed by a physician. The tablet and softgel capsule may be taken together or at different times of the day. Caution should be exercised to ensure that the prescribed dose of DHA does not exceed 1 gram (1,000 mg) per day.

**HOW SUPPLIED:** NDC 66479-865-30. Duet<sup>®</sup>DHA is supplied in child-resistant blister cards containing 30 doses per carton (1 Duet<sup>®</sup> tablet and 1 DHA softgel equals 1 daily dose). Each unit-of-use dispensing carton contains 5 cards with 6 unit-doses per card which is a 30-day supply. Duet<sup>®</sup> is a yellow oval tablet imprinted with the StuartNatal<sup>®</sup> logo ("heart-in-a-heart") on one side and "848" on the other. The DHA softgel capsule is a translucent golden-colored oval softgel capsule imprinted with the StuartNatal<sup>®</sup> logo ("heart-in-a-heart" outline traced) on one side and X1 on the other.

**STORAGE:** Store at controlled room temperature 20-25°C (68-77°F). Protect from moisture and excessive heat. Note that contact with moisture may produce surface discolorations of the tablet.

**DISPENSING:** Keep in a well-closed, light-resistant container as defined by the USP. Unit dose blisters are child-resistant to opening, as a safeguard against ingestion by children. KEEP THIS AND ALL MEDICATIONS OUT OF THE REACH OF CHILDREN.

Questions or Comments: 1-877-926-6396  
www.DuetDHA.com

Marketed by: **Xanodyne<sup>®</sup>**  
pharmaceuticals, inc.  
Newport, KY 41071 USA

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<sup>1</sup> IronAid is a registered trademark of Chemi Nutra.

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