

when one heart becomes two[®]

DuetDHA[®] . . . once a day, everyday

Complete

18 of the recommended nutrients for Mom and Baby in a NEW Gluten Free 430 mg "complete" formulation¹⁻³



	NUTRIENT	FUNCTION ^a	PREGNANCY RDA ^{1b}	UL ^b	SOURCES ^c	DuetDHA Gives Mom & Baby
Vitamins	Fatty Acids Omega-3 Long-Chain	For healthy brain and eye development in infants; ⁴ and adult heart health ²	300–500 mg ^d	ND ^e	Fatty fish, fish oils, flaxseed oil	430 mg enteric-coated with DHA & EPA*
	A	Supports healthy skin, eyesight, bone growth, and immune system	770 µg	3000 µg	Green leafy vegetables	900 µg beta carotene
	Thiamine (B ₁)	Aids in carbohydrate digestion; helps nervous system function	1.4 mg	ND	Whole-grain or enriched breads and cereals, fish, pork, poultry, lean meat, milk	1.8 mg
	Riboflavin (B ₂)	Helps body release energy to cells; promotes healthy skin and eyes	1.4 mg	ND	Milk, whole-grain or enriched breads and cereals	4 mg
	Niacin	Helps body use carbohydrates, fats, and proteins	18 mg	35 mg	Meat, liver, poultry, fish, whole grains, and enriched cereals	20 mg
	B ₆	May help reduce nausea in pregnant women; ⁵ helps form red blood cells	1.9 mg	100 mg	Beef, liver, pork, whole-grain cereals, bananas	50 mg
	B ₁₂	Maintains nervous system; helps form red blood cells	2.6 µg	ND	Milk, liver, poultry	12 µg
	C	Helps body resist infection, heal wounds, and absorb iron	85 mg	2000 mg	Citrus fruit, strawberries, broccoli	120 mg
	D	Helps the body absorb calcium from the digestive tract; builds bones and teeth	5 µg ^f	50 µg	Fortified milk, sunshine	20 µg
	E	Antioxidant that may provide protection against cancer and heart disease	15 mg	1000 mg	Vegetable oils, whole-grain cereals, green leafy vegetables	3 mg
Minerals	Folate	Reduces incidence of neural tube defects; helps make blood and prevent certain kinds of anemia	600 µg	1000 µg	Green leafy vegetables, liver, nuts, fortified breads, cereals, pastas	1 mg (1000 µg) folic acid
	Calcium	Helps build strong bones and teeth; promotes healthy blood clotting and muscle reaction	1000 mg ^f	2500 mg	Milk, cheese, yogurt, salmon, dark-green leafy vegetables, some calcium-rich antacids	230 mg
	Copper	Helps the body transport and use iron	1000 µg	10,000 µg	Mollusks and shellfish, nuts, tap water	2000 µg
	Iodine	Key nutrient affecting hormone processes that supports brain, heart, kidney and muscle development ⁶	220 µg	1,100 µg	Seafood, iodized salt, processed foods	220 µg
	Iron	Helps carry oxygen to the cells and to the developing fetus; helps prevent anemia	27 mg	45 mg	Lean red meat, spinach	27 mg well-tolerated form of iron
	Magnesium	Energy production; helps nerves and muscles function	350–360 mg	350 mg ^g	Legumes, whole-grain cereals, milk, meat, green vegetables	25 mg
Zinc	Supports growth, healthy immune functioning, wound healing	11 mg	40 mg	Meat, liver, seafood, milk, whole-grain cereals	25 mg	

As with any prescription-strength product containing folic acid, omega-3 fatty acids, iron, or vitamins D and E, please adhere carefully to the recommended dosages. Folic acid may obscure the diagnosis of pernicious anemia. Supplementation with omega-3 fatty acids should be avoided in patients with inherited or acquired bleeding diatheses, including those taking anticoagulants. Keep this and all iron-containing products out of the reach of children. **See full Prescribing Information on reverse side for complete usage and safety data.**

Supplementation with DuetDHA Complete may require additional dietary intake of calcium, magnesium and vitamin E to meet the RDAs for pregnancy.

* Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA)

^a Unless otherwise noted, information about the function of each vitamin, mineral, and nutrient included herein from *Recommended Dietary Allowances: 10th Edition* (1989).

^b The Recommended Dietary Allowances (RDAs) are established under the Institute of Medicine (IOM) and state the amount of nutrient that is needed for most people (97.5%) to stay healthy. They are specific to the age and gender of the person, including pregnant and/or breast-feeding women. RDAs are supplemented with a tolerable upper intake level (UL)—the largest daily amount of a vitamin, mineral, or other nutrient consumed or taken that is unlikely to cause harm.

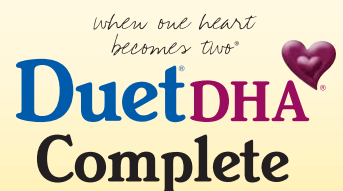
^c Does not include all food sources for nutrients.

^d An adequate intake as recommended by the World Health Organization (WHO).

^e Upper limits for this nutrient have not been determined (ND).

^f Indicates an Adequate Intake (AI).

^g Upper limit if from a pharmacologic source rather than a food source.



when one heart
becomes two*



DuetDHA[®] Complete

A NEW Gluten Free 430 mg complete formulation
designed to meet the recommended levels
of nutrition during pregnancy¹⁻³

Duet[®]DHA Complete by StuartNatal[®]

Rx Only

DESCRIPTION: Duet[®]DHA Complete is a gluten free prescription regimen of prenatal multi-vitamin, multi-mineral, and omega-3 fatty acids, supplied as tablets and enteric-coated softgel capsules.

Each yellow oval Duet[®] Tablet* contains:

VITAMINS

A (beta carotene)	3,000 IU
C (ascorbic acid)	120 mg
D (cholecalciferol)	800 IU
E (dl-alpha tocopheryl acetate)	3 mg
B ₁ (thiamine mononitrate)	1.8 mg
B ₂ (riboflavin)	4 mg
Niacinamide	20 mg
B ₆ (pyridoxine hydrochloride)	50 mg
Folic acid	1 mg
B ₁₂ (cyanocobalamin)	12 mcg

MINERALS

Calcium (calcium carbonate)	230 mg
Iron (polysaccharide iron complex and sodium iron EDTA, Ferrazone [®])	27 mg
Magnesium (magnesium oxide)	25 mg
Zinc (zinc oxide)	25 mg
Copper (cupric oxide)	2 mg
Iodine	220 mcg

Each frosted golden-colored oval enteric-coated DHA Softgel Capsule* contains a clear solution of not less than 430 mg purified omega-3 long-chain fatty acids including DHA (docosahexaenoic acid), EPA (eicosapentaenoic acid) and DPA (docosapentaenoic acid) in approximately 628 mg of fish oil.

OMEGA-3 FATTY ACIDS

Total omega-3 long-chain fatty acids	No less than 430 mg
As DHA	No less than 295 mg
As other omega-3 long-chain fatty acids	No less than 135 mg

OTHER INGREDIENTS (Duet[®] Tablet): Acacia, corn starch, croscarmellose sodium, D&C Yellow No. 10, dicalcium phosphate, dl-alpha tocopherol, FD&C Yellow No. 6, food starch, gelatin, glucose, hydroxypropyl methylcellulose, hypromellose, lecithin, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, silicon dioxide, sodium ascorbate, sodium benzoate, sorbic acid, sucrose, talc, triglycerides, titanium dioxide, xanthan gum.

OTHER INGREDIENTS (Enteric-coated DHA Softgel Capsule): Ammonium hydroxide, ethylcellulose, fractionated coconut oil, gelatin, glycerin, oleic acid, stearic acid, sodium alginate, and DHA and EPA concentrate derived from purified fish oil via a proprietary process.

***Compliance:** The yellow oval Duet[®] Tablet is formulated in conformance with official U.S. Pharmacopeia (USP) standards of quality for potency, purity and dissolution. Duet[®] Tablet, as manufactured, is subject to Quality Control Standards and Good Manufacturing Practices established by the U.S. FDA. The DHA concentrate complies with The Global Organization for EPA and DHA Omega-3s (GOED) Voluntary Monograph for identity and purity. The DHA concentrate is also certified to meet Friend of the Sea Sustainable Fisheries criteria.

INDICATIONS: Duet[®]DHA Complete is a gluten free 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[®]DHA Complete is also useful in improving the 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 B₁₂ is deficient.

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 a poison control center immediately.

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.

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 enteric-coated softgel capsule taken by mouth daily, or as directed by a physician. The tablet and enteric-coated 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 66479-890-30. Duet[®]DHA Complete is supplied in child-resistant blister cards containing 30 doses per carton (1 Duet[®] tablet and 1 enteric-coated DHA softgel capsule 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. The yellow oval Duet[®] tablet is imprinted with the StuartNatal[®] logo ("heart-in-a-heart") on one side and "885" on the other. The frosted golden-colored oval enteric-coated DHA softgel capsule is imprinted with the StuartNatal[®] logo ("heart-in-a-heart" outlined 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 discoloration 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 REACH OF CHILDREN.

To request medical information or to report suspected adverse reactions, contact Xanodyne Medical Affairs at 1-877-773-7793.

www.DuetDHA.com

Marketed by: 
pharmaceuticals, inc.
Newport, KY 41071, USA

StuartNatal, Duet, "When one heart becomes two" and the "heart-in-a-heart" logo are registered trademarks of Xanodyne Pharmaceuticals, Inc. All rights reserved.

Ferrazone[®] is a registered trademark of AkzoNobel b v

©2010, Xanodyne[®] Pharmaceuticals, Inc.

PI-890-A

Revision 08/2010

Join the DuetDHA Community for helpful pregnancy resources.
Visit www.DuetDHA.com and enroll today!

References:

- Otten JJ, Pitzel Hellwig J, Meyers L, eds. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: The National Academies Press. 2006:530-541.
- Kris-Etherton PM. Notice of duplicate publication [duplicate publication of Kris-Etherton PM, Harris WS, Appel LJ; for the Nutrition Committee. Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease [AHA Scientific Statement] *Circulation*. 2002;106(21):2747-2757]. *Arterioscler Thromb Vasc Biol*. 2003;23:e20-e31.
- The American College of Obstetricians and Gynecologists. Nutrition during pregnancy. ACOG Patient Pamphlet APO01. Washington, DC: ACOG; 2007.
- Uauy R, Hoffman DR, Peirano P, et al. Essential fatty acids in visual and brain development. *Lipids*. 2001;36(9):885-895.
- Sahakian V, Rouse D, Sipes S, Rose N, Niebly J. Vitamin B6 is effective therapy for nausea and vomiting of pregnancy: a randomized, double-blind placebo-controlled study. *Obstet Gynecol*. July 1991;78(1):33-36.
- Food and Nutrition Board. *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. Washington, DC: The National Academy Press; 2001:258-289.

DDCOT 310-2698 © 2010, Xanodyne[®] Pharmaceuticals, Inc., Newport, KY 41071. All rights reserved.