

# Nestabs<sup>®</sup> DHA

**Prenatal Multi-vitamin/Mineral Supplement**  
Kosher Certified Tablet • Gluten Free • Vegetarian



## Supplement Facts

Serving Size: 1 Tablet

|                                                                             | Amount per Serving | % DV  |
|-----------------------------------------------------------------------------|--------------------|-------|
| Vitamin C (Sodium Ascorbate)                                                | 120 mg             | 200%  |
| Vitamin D-3 (Cholecalciferol)                                               | 450 IU             | 112%  |
| Vitamin E (d-alpha-Tocopheryl Acetate)                                      | 30 IU              | 100%  |
| Vitamin B-1 (Thiamine Mononitrate)                                          | 3 mg               | 176%  |
| Vitamin B-2 (Riboflavin)                                                    | 3 mg               | 150%  |
| Niacin (Nicotinamide)                                                       | 20 mg              | 100%  |
| Vitamin B-6 (Pyridoxine HCL)                                                | 30 mg              | 2000% |
| Folic Acid                                                                  | 1000 mcg           | 125%  |
| Vitamin B-12 (Cyanocobalamin)                                               | 10 mcg             | 125%  |
| Calcium                                                                     | 290 mg             | 15%   |
| as FerriCal <sup>®</sup> (Calcium Formate 150 mg) (Calcium Gluconate 45 mg) |                    |       |
| Iron (Ferrous (II) bis-Glycinate Chelate)                                   | 32 mg              | 178%  |
| Iodine (Potassium Iodide)                                                   | 100 mcg            | 67%   |
| Zinc (Zinc Oxide)                                                           | 10 mg              | 67%   |
| Choline (Choline Bitartrate)                                                | 55 mg              | **    |

% Daily Value for Pregnant and Lactating Women \*\* DV Not Established

**Other Ingredients:** Microcrystalline Cellulose, Magnesium Stearate, Povidone, Polyvinyl Alcohol-Partially Hydrolyzed, PEG 3350, Titanium Dioxide, Talc, FD&C Red #40 Aluminum Lake, Saccharin, Carnauba Wax.

**Each Omega-3 DHA gelatin capsule contains:**

Docosahexaenoic Acid (DHA) 230 mg and Eicosapentaenoic Acid (EPA) 33 mg derived from fish oils (product of Norway).

**Other ingredients in the DHA gelatin capsule:**

Vitamin E (d-alpha-tocopherol) 2 IU, gelatin, glycerin, purified water.

Description: Nestabs<sup>®</sup> DHA combination tablet/capsule for oral administration is a light pink capsule-shaped film coated tablet with a pleasant sweet flavor with WCO01 imprinted on one side of the tablet and a enteric coated light amber soft gel capsule omega-3 fatty acid containing both DHA and EPA.

NDC 50967-317-30 (30 count)

6 blister cards;

each containing 5 tablets and 5 capsules

## Nestabs<sup>®</sup> DHA Prenatal Multi-vitamin/Mineral Tablets with DHA and Choline

**Indications and Usage:** Nestabs<sup>®</sup> DHA is indicated to provide vitamin/mineral and omega-3 fatty acid supplementation to women throughout pregnancy, during the postnatal for both lactating and nonlactating mothers. Nestabs<sup>®</sup> DHA is also beneficial in improving the nutritional status of women prior to conception.

**Contraindications:** This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

**Warnings:** Ingestion of more than 3 grams of omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including 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.

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 THE 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 pernicious anemia in that hematologic remission can occur while neurological manifestations remain progressive. This product contains folic acid, which if consumed above the recommended level, could cause visual impairment and other health effects. Do not take more than the recommended amount. If you are pregnant, nursing, or taking any medications consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

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

**Dosage and Administration:** Nestabs<sup>®</sup> DHA - One tablet and one soft gel capsule daily or as directed by a physician.

**How Supplied:** Nestabs<sup>®</sup> DHA tablets for oral administration are supplied as six child-resistant blister cards containing 5 tablets and 5 softgel capsules each (NDC # 50967-317-30).

Store at controlled room temperature 15°-30° (59°-86°F) **RX only**

NDA - 01911

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The Gold Standard Just Got Better

**Women's Choice**  
Pharmaceuticals, LLC

Gilbert, AZ 85233 • (877) 774-4949 • www.wcpharma.com



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US Patent #6,526,542, #6,489,361, #6,160,016  
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