

Description: Nestabs® tablets for oral administration is a light pink capsule-shaped film coated tablet with a pleasant sweet flavor with WC001 imprinted on one side of the tablet.

Indications and Usage: Nestabs® is indicated for use in improving the nutritional status of women throughout pregnancy and in the postnatal period for both lactating and nonlactating mothers. Nestabs® 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: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B12 is deficient.

Precautions: Folic acid in doses above 0.1mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations remain progressive. This product contains formate, 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.

Dosage and Administration:

One tablet daily or as directed by a physician.

NDC 50967-219-90

90 Tablets



Prenatal Multi-vitamin/Mineral Supplement

Kosher Certified Tablet • Gluten Free • Vegetarian

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.

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

Distributed by: Women's Choice Pharmaceuticals
Gilbert, AZ 85233 • (877) 774-4949

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Rev. 10/10



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 (dl-alpha-Tocopheryl Acetate)	30 IU	100%
Vitamin B-1 (Thiamine HCL)	3 mg	176%
Vitamin B-2 (Riboflavin)	3 mg	150%
Niacin (Niacinamide)	20 mg	100%
Vitamin B-6 (Pyridoxine HCL)	50 mg	2000%
Folic Acid	1000 mcg	125%
Vitamin B-12 (Cyanocobalamin)	10 mcg	125%
Calcium as Formical® (Calcium Formate 230 mg) (Calcium Carbonate 20 mg)	250 mg	19%
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, Camphor Wax.