

Nestabs® ABC Prenatal Multi-vitamin/Mineral Tablets with EPA, DHA and Choline

Description:

Nestabs® ABC combination tablet-capsule for oral administration is a light green capsule-shaped film coated scored tablet with a pleasant sweet flavor with “WC-003” imprinted on one side of the tablet and light amber soft gel capsule omega-3 fatty acid containing both EPA and DHA.

Each tablet contains:

| Ingredient | Dose | % Daily Value for Pregnant and Lactating Women |
|---|-------------|---|
| Vitamin C (Sodium Ascorbate) | 120 mg | 200% |
| Vitamin D-3 (Cholecalciferol) | 450 IU | 112% |
| Vitamin E (Acetate) | 30 IU | 100% |
| Vitamin B-1 (Thiamine Mononitrate) | 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 | 1 mg | 125% |
| Vitamin B-12 (Cyanocobalamin) | 10 mcg | 125% |
| Calcium as Formical® (Calcium Formate 155 mg) (Calcium Carbonate 45 mg) | 200 mg | 15% |
| Iron (Polysaccharide Iron Complex) | 32 mg | 178% |
| Iodine (Potassium Iodide) | 100 mcg | 67% |
| Zinc (Zinc Oxide) | 10 mg | 67% |
| Choline (Choline Bitartrate) | 55 mg | ** |

** DV Not Established

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Cellulose, Sodium Starch Glycolate, Magnesium Stearate, Maltodextrin.

Coating Ingredients: Polyvinyl Alcohol, Polyethylene Glycol, Titanium Dioxide, Talc, FD&C / Indigo Carmine Aluminum Lake, FD&C Yellow #5 Tartrazine, Aluminum Lake, FD&C Red #40 / Allura Red AC Aluminum Lake.

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.

Each Omega-3 EPA / DHA gelatin capsule contains:

Eicosapentaenoic Acid (EPA) 180 mg and Docosaheptaenoic Acid (DHA) 120 mg derived from fish oils. Other ingredients in the EPA / DHA gelatin capsule: Vitamin E d-alpha-tocopherols 2 IU, gelatin, glycerin, purified water.

Indications and Usage:

Nestabs® ABC 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® ABC 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.

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.

Adverse Reactions:

Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Dosage and Administration:

Nestabs[®] ABC - One tablet and one soft gel capsule daily or as directed by a physician.

How Supplied:

Nestabs[®] ABC tablets for oral administration are supplied as six child-resistant blister cards containing 5 scored tablets and 5 soft-gel capsules each (NDC # 50967-309-30). .

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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