

## Nestabs® Prenatal Multi-vitamin/Mineral Tablets with Choline

### Description:

Nestabs® tablets for oral administration is a light pink capsule-shaped film coated tablet with a pleasant sweet flavor with “WC-001” imprinted on one side of the tablet.

### Each tablet contains:

<b>Ingredient</b>	<b>Dose</b>	<b>% Daily Value for Pregnant and Lactating Women</b>
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	1000 mcg	125%
Vitamin B-12 (Cyanocobalamin)	10 mcg	125%
Calcium as Formical® (Calcium Formate 155 mg) (Calcium Carbonate 45 mg)	200 mg	15%
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	**

\*\* DV Not Established

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

**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.

### 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 B<sub>12</sub> 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® - One tablet daily or as directed by a physician.

### How Supplied:

Nestabs® tablets for oral administration are supplied in bottles of 90 tablets (NDC # 50967-219-90).

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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