

Nestabs[®] DHA

Prenatal Multi-vitamin/Mineral Tablet

Iron

Ferrous (II) bis-Glycinate Chelate is a novel form of iron that is easier to absorb, associated with fewer side effects, and less toxic than standard supplements like ferrous sulfate.¹

- Clinically proven to reduce negative side effects especially bloating, constipation, and nausea when compared to ferrous sulfate.²
- Compliant with the CDC's recommendation for preventing and controlling iron deficiency anemia in pregnant women through low dose supplementation

Folic Acid

- Folic Acid is shown to significantly reduce the incidence of neural tube defects in unborn babies.³

Vitamin B6

Vitamin B6 is recommended as a first-line therapy for pregnancy-related nausea and vomiting by the American College of Obstetricians and Gynecologists (ACOG)⁷

- Nestabs[®] DHA contains 50 mg of vitamin B6 which has been shown to reduce pregnancy-related nausea.^{8,9}

Choline

Choline is designated as an essential nutrient by the FDA with supplementation during pregnancy linked to improved memory skills of children.

- Influences neural tube closure¹⁰
- Plays a critical role in normal brain development¹¹
- May result in lifelong enhancement of memory and attention¹²

DHA

Nestabs[®] DHA features an enteric coated, high quality source of omega-3 acids containing both DHA and EPA.

- DHA supplementation during pregnancy and/or nursing provides benefits to both mother and child
- Supports gestation progress to full term⁴
- Improves infant psychomotor developments⁵
- Lower rates of post partum depression⁶
- Meets USP safety standards

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

Nestabs® Prenatal Multi-vitamin/Mineral Tablets with Choline

Description: Nestabs® DHA combination tablet-capsule 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 and a enteric coated light amber soft gel capsule omega-3 fatty acid containing both DHA and EPA.

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.

Each tablet contains:

INGREDIENT	DOSE	% 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.....	250 mg	19%
as Formical® (Calcium Formate 230 mg) (Calcium Carbonate 20 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.

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.

Each Omega-3 DHA gelatin capsule contains: Docosahexaenoic Acid (DHA) 230 mg and Eicosapentaenoic Acid (EPA) 30 mg derived from fish oils (product of Norway).

Other ingredients in the DHA gelatin capsule: Vitamin E (d-alpha-tocopherols) 2 IU, gelatin, glycerin, purified water.