

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 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 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	**

* % 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.

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 to improving the nutritional status of women prior to conception.

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.

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: That hematologic remission can occur while neurological manifestations remain progressive.

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

Dosage and Administration: 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). Samples are in blister cards containing 2 tablets (NDC #50967-219-02).

Store at controlled room temperature (15-30 degrees C.) 59-86 degrees F.

RX Only

U.S. Patent #6,528,542, #6,489,361, #6,160,016