

Complete prenatal nutrition for moms of the present and future.

Nestabs provides prescription prenatal vitamins for women at any stage of pregnancy. Start your prescription today!

[CLICK HERE FOR SAVINGS](#)



The Importance of Prescription Prenatal Vitamins

Taking a prenatal vitamin every day is extremely important for your baby's health and development. Even if you have a perfect diet, your body needs more of certain nutrients while you are pregnant, so it's important to take a designated prenatal vitamin that is specially formulated to meet the needs of pregnancy.

Though there are plenty of over-the-counter options, choosing a prescription prenatal vitamin offers many added benefits. For one, your physician – who knows your unique situation – will be involved in the choice. Prescription options also contain more of vital nutrients, like folic acid, which can help prevent neural tube defects such as spina bifida and anencephaly. You'll also get more iron, which is the building block for your baby's cells and can prevent preterm delivery and low birth weight, and more calcium and omega-3 fatty acids than their OTC counterparts. Plus, prescription vitamins detail the type of vitamins and nutrients they contain, so you have a clearer idea of what you are consuming.

It may be simple to take a prenatal vitamin every day, but don't underestimate their importance to your and your baby's health.

Nestabs Products



Nestabs One is a single soft gel that provides an excellent source of prenatal nutrition. With vital vitamins and minerals plus DHA combined into one small and easy to swallow pill, this prescription prenatal vitamin is ideal for those looking for convenience.

[LEARN MORE](#)



Nestabs DHA is one of the most nutritionally complete prenatal vitamins available today. This two-step tablet then soft gel system is packed with revolutionary forms of iron and calcium, along with higher doses of DHA and is ideal for those looking for complete nutrition.

[LEARN MORE](#)

Safety Information

Nestabs DHA is indicated to provide vitamin/mineral and omega-3 fatty acid supplementation to women throughout pregnancy, including the postnatal period for both lactating and non-lactating mothers. Nestabs DHA is also beneficial in improving the nutritional status of women prior to conception.

This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

Keep this product out of the reach of children.

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HEALTHY BUNDLES PROGRAM

Dear XX,

Don't forget to pick up your first prescription of Nestabs DHA! Or depending on your prescription, you may already be eligible for next month's refill prescription.

Congratulations on your impending arrival! Expecting a little one is such a special time and Nestabs DHA is honored to be a part of your pregnancy journey.

As a member of the Nestabs DHA Healthy Bundles Program, you are scheduled to receive free nutritional information at various stages throughout your pregnancy. In addition, all members are issued a Healthy Bundles Supplemental Savings Card, which can be used at your local pharmacy for additional savings on your monthly prescriptions of Nestabs DHA. If you do not have a Healthy Bundles Supplemental Savings Card, please visit nestabshealthybundles.com for details.

Why Nestabs DHA?

Thank you for choosing Nestabs DHA, one of the most nutritionally complete prenatal vitamin formulations available today. Available by prescription only, Nestabs DHA delivers key nutrients you and your baby need. With higher dosages of key nutrients than most over-the-counter options, prescription-only Nestabs DHA is an excellent start to a healthy pregnancy. Ask your doctor or healthcare provider to write you a prescription for Nestabs DHA today.

Your Journey



You: You may be experiencing breast tenderness, bloating and fatigue. Hang in there!

Baby: Your baby is now an embryo! Keep up that growing, little one!

Congratulations again!



HEALTHY BUNDLES PROGRAM

Safety Information

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

As you enter your 2nd month of pregnancy, you may be battling nausea in full force – and chances are it's not just in the morning!

Vitamin B6 can help

If your bundle of joy is making you feel like a bundle of discomfort, refill your Nestabs DHA prenatal vitamin prescription, which has Vitamin B6. This vitamin has been shown to help relieve pregnancy-related nausea, and Nestabs DHA has 50mg of Vitamin B6.^{1,2}

What are you waiting for? Fill your Nestabs DHA prescription and get that Vitamin B6 flowing!

Your Journey



You: You may be experiencing fatigue, nausea, vomiting, food aversions or cravings, and headaches. So go ahead, take a nap.

Baby: Your little one is working hard at this growing business. He/She now has a beating heart (that's full of love for you!) and his/her organs are forming.

Wishing you the best with Month 2!



HEALTHY BUNDLES PROGRAM

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References:

1 Sahakian V, Rouse D, Sipes S, Rose N, Niebyl J. Vitamin B6 is an effective therapy for nausea and vomiting of pregnancy, double blind placebo-controlled trial. *ObGyn.* 1991; 78: 33-36

2 Vutyavanich T, Wongra-ngan S, Ruangsri R. Pyridoxine for nausea and vomiting of pregnancy: a randomized, double-blind placebo-controlled trial. *Am J Ob Gyn.* 1995; 173: 881-884

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Welcome to your 3rd month of pregnancy! Growing a human being is hard work, and your Healthy Bundles family wants to make sure you and your baby are getting the very best nutrition.

Importance of Folic Acid + B12

Folic acid and vitamin B12 taken during early pregnancy has been shown to be crucial to baby brain development and may prevent neural tube issues, such as spina bifida.¹ In fact, Nestabs DHA has a higher dosage of folic acid than most over-the-counter options; so don't forget to take your vitamin!

Your Journey



You: You may be experiencing fatigue, nausea, vomiting, belly growth, heartburn, breast changes, and visible veins. Oh, and excitement about your growing baby!

Baby: Your little one is now officially a fetus!

Wishing you the best with Month 3!



HEALTHY BUNDLES PROGRAM

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References

¹ Centers for Disease Control and Prevention Recommendations for use of Folic Acid to reduce number of spina bifida cases and other neural tube defects, MMWR. 199 41: RR-14

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Congratulations – you made it to your second trimester, where you'll hopefully be feeling a little better! Even if you've got a little more spring in your step, don't forget to keep up with your prenatal vitamins.

Iron Mama

Don't underestimate the importance of iron in your pregnancy diet. Pregnancy can make your body produce up to 50% more blood, so you'll want to increase your iron intake to keep up. Nestabs DHA includes a novel form of iron that is easy for the body to absorb and has been clinically demonstrated to reduce negative side effects such as bloating, constipation and nausea.¹

Your Journey



You: You're probably still feeling tired, but you may (finally!) experience a decrease in nausea in the coming weeks. You may also battle sensitive gums, swelling, heartburn and varicose veins.

Baby: Look out – he/she has working eyes! Get ready to gaze into them for more moments than you can count.

Hope you're feeling better soon! And if not, treat yourself to another nap – you deserve it, mama!



HEALTHY BUNDLES PROGRAM

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References

1 Coplin M, Schuette S, Leichtmann G, Lashner B. Tolerability of iron: a comparison of bis-glycino iron II and ferrous sulfate. Clin Ther. 1991 Sep-Oct;13(5):606-12

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

With your baby's arrival getting closer, your little bundle is growing and developing quickly. It's important to keep up with your prenatal vitamin routine to make sure your bouncing baby is getting the very best nutrition.

Full Dose of Folic Acid

Folic acid is a vital nutrient to babies en utero. It aids in brain development, among other things. Nestabs DHA contains 1000mcg of folic acid, a higher dose than most available over-the-counter options.¹

Your Journey



You: Hopefully by now, your energy has picked up a bit and you can feel your baby move. You may also experience a big appetite and skin color changes on your face and belly.

Baby: By now, your little genius can perceive dark and light. You can try shining a flashlight on your belly to see if he/she reacts to the change in light.

Best wishes to you in your 5th month!



HEALTHY BUNDLES PROGRAM

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

By now you know the importance of prenatal vitamins and proper nutrition throughout pregnancy. Getting the right nutrients aids in helping your baby develop properly and helps ensure you are feeling your best. But there are some lesser-known benefits to getting a good dose of the omega-3 fatty acids, DHA and EPA.

DHA Perks

DHA and EPA have been shown to help reduce the risk of preterm birth and improve infant psychomotor developments. Plus, moms who take DHA/EPA have demonstrated a lower rate of postpartum depression. DHA is right in our name – so rest assured you're getting a high quality source of DHA/EPA by taking your Nestabs DHA vitamins.^{1, 2, 3}

Your Journey



You: At this point in your pregnancy, you may be feeling hot; experiencing leg cramps; feeling achy around your abdomen; have swollen ankles, feet, hands and face; battling backache; and getting stretch marks. Keep your chin up!

Baby: Your little one's face is almost fully formed (and ready for you to kiss nonstop!)

You're doing great!



HEALTHY BUNDLES PROGRAM

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References

- 1 Smut, et al. *Obstetrics and Gynecology*, 2003; 01:469-79
- 2 Jensen et al. *American Journal of Clinical Nutrition* 2005; 82:125-32.
- 3 Hibbeln JR, *Journal of Affective Disorders*, May 2002; 69:15-29

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Welcome to your 3rd trimester!

As you get closer and closer to your baby's birth, you're probably already thinking about how you can provide the best life for your newest addition. Well, one good place to start is with a healthy pregnancy diet and prenatal vitamin that includes DHA.

Daily Dose of DHA

At this point, your baby's brain is developing at a shocking speed, so you'll want to make sure you're getting plenty of omega-3 fatty acids, a nutrient that can help your baby's eyes and brain develop properly. Nestabs DHA's two-pill system has a dedicated omega-3 gel capsule with two types of omega-3s (DHA and EPA) to make sure you and baby are getting plenty of those brain-building fatty acids.^{1, 2, 3}

Your Journey



You: You may be dealing with an achy stomach and hips, backache, itchiness, shortness of breath and scattered Braxton Hicks contractions. One more trimester to go!

Baby: At this stage of pregnancy, your baby's brain is developing at high speed.

You got this!



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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Just a matter of weeks left until you can meet your precious baby! You probably can't wait to see his/her first smile or hear his/her first laugh (it will be soon – and he/she is sure to be brilliant). But before your little one makes a debut, there's a little more growing left to do.

A Kick of Choline

Choline is a vitamin that has been associated with improved memory and attention skills of children. It can also assist with neural tube closure and is an important factor in brain development.^{1, 2} Taking your Nestabs DHA vitamins will supplement you with 55mg of choline! You'll be counting baby's fingers and toes in no time, and with proper nutrition, your brilliant baby will be counting along too.

Your Journey



You: You may be experiencing heartburn, headaches, dizziness, pelvic pressure, clumsiness, Braxton Hicks contractions, shortness of breath. You may also have colostrum starting to leak from your breasts. Hang in there – not too much longer!

Baby: Your baby's brain is continuing to develop at a furious pace.

You're getting closer!



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References

1 Zeisel SH: Journal of the American College of Nutrition; 1992; 11:473-481 and 12 Loy R, Heyer D, Williams CL, Merk WH, Advances in Experimental Medicine and Biology 1991; 295:373-382

2 Zeisel SH: Nutrition; 2000; 16:669-671

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

The end to your pregnancy is in sight (even if your swollen ankles don't believe it)! In just a few weeks your bundle of joy will make an entrance. Keep taking your prenatal vitamins – it will do you and baby good until the end.

Essential Nutrients

Nestabs DHA contains a patented source of calcium formate, FormiCal, which has been shown to be better absorbed than other common forms of calcium. In addition, FormiCal can reduce the chances of bloating side effects common with calcium.^{1, 2}

Is your tiny pregnancy bladder waking you up at night? Fear not – soon it will be a newborn waking you up! Though studies have shown that getting enough DHA while pregnant could result in a better-sleeping baby. What are you waiting for? Make sure you refill your Nestabs DHA prescription!

Your Journey



You: In your final month, you may experience discomfort, hemorrhoids, difficulty sleeping, an itchy stomach, colostrum leaking from your breasts and nesting syndrome.

Baby: By 37 weeks, your baby is considered full term – though most little ones decide to hold out for a few more weeks. Get ready to meet him or her!

You're almost there!



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References

1 Data on file, Women's Choice Pharmaceuticals

2 THE JOURNAL OF PHARMACOLOGY AND EXPERIMENTAL THERAPEUTICS Copyright © 2005 by The American Society for Pharmacology and Experimental Therapeutics JPET 313:1217–1222, 2005

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Whether you've welcomed your new addition already, or you're still (very anxiously) waiting, proper nutrition remains important. Keep taking your Nestabs DHA vitamins – and don't forget to pack a few in your hospital bag if your baby isn't here yet.

Prenatal Vitamins While Breastfeeding

DHA content in baby's brain can triple in the first three months of life. So make sure you're taking your Nestabs DHA vitamin if you're breastfeeding to give your little one the best nutrition possible.

Even if your baby has already been born, you can ask your physician to renew your Nestabs DHA prescription.

You're amazing, mama!



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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Congratulations on your little bundle of joy! We hope new motherhood is full of happiness, not just exhaustion.

We want to remind you to keep up your prenatal vitamin routine, especially if you are breastfeeding.

Formulated for the breastfeeding mother

Nestabs DHA contains iodine, which has been linked to optimal brain development in nursing infants. It also contains zinc, which can optimize infant growth, development and immune function.¹

Congratulations again!



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Reference(s)

¹ Zimmerman MB, Iodine deficiency, *Endocr Rev.* 2009 June; 30 (4): 376-408

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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

As you get used to motherhood, it's important to not forget the value of complete nutrition. Though your little one demands your time and energy, don't put your prenatal vitamins on the backburner.

Nestabs DHA vitamins are an excellent source of nutrition for breastfeeding mothers. Even if you aren't nursing, most doctors still recommend that women take a complete prenatal vitamin throughout their childbearing time of life to be prepared for any pregnancy.

Nestabs DHA is one of the most nutritionally complete prenatal vitamins on the market today. Ask your doctor to renew your Nestabs DHA prescription, and good luck with the amazing experience of motherhood.

Thanks for letting us be a part of this wonderful journey,



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HEALTHY BUNDLES PROGRAM

Dear XX,

Remember to fill your Nestabs DHA Rx this month!

Thank you for being a member of the Nestabs DHA Healthy Bundles Program and for pursuing the benefits of prescription prenatal vitamins. Please remember to refill your Nestabs DHA monthly prescription at your local pharmacy. If you are out of eligible refills, please talk to your healthcare provider for a new prescription of Nestabs DHA.

Prescription prenatal vitamins can be beneficial while you are trying to conceive. With higher doses of folic acid, iron, and calcium versus regular multi-vitamins, prescription prenatal vitamins are often considered a good supplement of key nutrients for women who wish to start their pregnancy in the healthiest possible state.

When you have news to share, please remember to update The Healthy Bundles Program with your Due Date. In addition to the monthly savings \$ offers the program provides, an active due date added to your profile makes you eligible to receive periodic updates on nutrition relevant to each trimester of your pregnancy. Your Healthy Bundles profile can be updated at any time by visiting nestabshealthybundles.com and select My Account.



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Patient Instructions: Insured patients can use this Nestabs DHA supplemental savings card, in addition to their private insurance, to help reduce out-of-pocket expenses on eligible prescriptions of Nestabs DHA. Present this savings card to your local pharmacist, along with your insurance information and valid Nestabs DHA prescription. If processed correctly, commercially insured patients should pay no more than \$0 on their initial 30-day supply of Nestabs DHA, and no more than \$25 for each monthly refill prescription thereafter. Ongoing benefits apply.

Pharmacist Instructions: Patients with Eligible Third-Party Payer: Submit the claim to the primary third-party payer first, then submit the balance due to **Therapy First Plus** as a secondary payer (COB (coordination of benefits) with patient responsibility amount and a valid Other Coverage Code (B)). Insured patients will pay \$0 on the 1st prescription, and pay no more than \$25 on all future refills. Any remaining out-of-pocket costs will be the patient's responsibility. Ongoing benefits apply. You will receive your reimbursement from **Therapy First Plus**. For any questions regarding **Therapy First Plus** online processing, please call the Help Desk at 1-800-433-4893.

Terms and Conditions: Valid only at participating retail or mail order pharmacies in the United States. Women's Choice Pharmaceuticals retains the right to rescind, revoke or amend this program at any time. This offer is valid for commercially insured patients only, and is not valid for uninsured or cash-paying patients. This offer is not valid if you are eligible for reimbursement of this product, in whole or in part, by Medicare, Medicaid, Tricare, or similar federal- or state-funded programs. Void where prohibited by law.



Enroll Today!

This program is **FREE** and provides relevant nutritional information throughout your pregnancy journey, plus receive substantial **SAVINGS** that can be applied toward your monthly prescriptions of Nestabs DHA!

Learn more and enroll at
nestabshealthybundles.com.

Women's Choice Pharmaceuticals © 2017 WCPHB02



HEALTHY BUNDLES PROGRAM

Enroll today to get your first 30-day prescription of Nestabs DHA prenatal vitamins for **FREE!**



SAVINGS WITH THE **HEALTHY BUNDLES PROGRAM**

Enroll now and activate the attached supplemental savings card to use at your local pharmacy, in coordination with a qualified insurance plan, and receive your first prescription of Nestabs DHA **FREE!**

The Nestabs DHA **Healthy Bundles Program** extends various savings offers that can be applied toward your monthly retail prescriptions of Nestabs DHA. After your first **FREE** prescription of Nestabs DHA, monthly refill prescriptions should cost \$25 or less (patient out-of-pocket).*

HOW IT WORKS

- 1 OBTAIN** a valid prescription of Nestabs DHA from your healthcare provider.
- 2 ENROLL** in the program by visiting our website nestabshealthybundles.com to **ACTIVATE** your Supplemental Savings Card attached below.
- 3 TAKE** your Nestabs DHA prescription, your Supplemental Savings Card, and your primary insurance information to your local retail pharmacy.
- 4 Apply** any savings from the Supplemental Savings Card, after any savings from your qualifying insurance plan, and receive a **FREE** 30-day supply of Nestabs DHA. Most patients can then expect their out-of-pocket responsibility (or patient cost) to be \$25 or less for each additional monthly refill prescription of Nestabs DHA*.
- 5 This savings offer is only valid when used in combination with a private or employer-sponsored insurance plan.****

*Maximum benefit limits apply and the plan sponsor retains the right to rescind, revoke or amend this program and/or savings offer at any time.

**This savings offer is valid for commercially insured patients only, and is not valid for uninsured or cash-paying patients. This offer is not valid if you are eligible for reimbursement of this product, in whole or in part, by Medicare, Medicaid, Tricare, or similar federal- or state-funded programs. Void where prohibited by law.

ABOUT **NESTABS DHA**

Available at your local pharmacy, Nestabs DHA is a prescription-only, prenatal vitamin that delivers crucial nutrients to you and your baby. Nestabs DHA is packed with revolutionary forms of iron and calcium, along with higher doses of folic acid and vitamin B6 compared to most over-the-counter options.

Nestabs DHA is indicated to provide vitamin/mineral and omega-3 fatty acid supplementation to women throughout pregnancy, including the postnatal period for both lactating and non-lactating mothers. Nestabs DHA is also beneficial in improving the nutritional status of women prior to conception.

This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

Keep this product out of the reach of children.

Designed specifically for childbearing women who are pregnant, or trying to become pregnant, prescription-only Nestabs DHA is one of the most nutritionally complete prenatal vitamins available today. Ask your doctor or healthcare provider if Nestabs DHA is right for you.



SUPPLEMENTAL SAVINGS CARD

HEALTHY BUNDLES PROGRAM

1st Rx of Nestabs DHA is **FREE***
then additional savings on future refills**

BIN#: PCN: GROUP: ID#:

* Offer only valid when used with commercial insurance plans only. Maximum benefits limits apply and are subject to change at any time.

** For monthly refill Rx's of Nestabs DHA, keep this card for additional savings that can be applied toward your out-of-pocket responsibility.

SAVINGS WITH THE HEALTHY BUNDLES PROGRAM

Enroll now and activate the attached supplemental savings card to use at your local pharmacy, in coordination with a qualified insurance plan, and receive your first prescription of Nestabs DHA **FREE!**

In addition to your **FREE** 30-day supply of Nestabs DHA, be sure to keep your Supplemental Savings Card for additional savings on your monthly refill prescriptions of Nestabs DHA.

HOW IT WORKS

- OBTAIN** a valid prescription of Nestabs DHA from your healthcare provider.
- ENROLL** in the program by visiting our website nestabshealthybundles.com to **ACTIVATE** your Supplemental Savings Card attached below.
- TAKE** your Nestabs DHA prescription, your Supplemental Savings Card, and your primary insurance information to your local retail pharmacy.
- Apply any savings from the Supplemental Savings Card, after any savings from your qualifying insurance plan, and receive a **FREE** 30-day supply of Nestabs DHA. Most patients can then expect their out-of-pocket responsibility (or patient cost) to be \$25 or less for each additional monthly refill prescription of Nestabs DHA*.
- This savings offer is only valid when used in combination with a private or employer-sponsored insurance plan.**

*Maximum benefit limits apply and the plan sponsor retains the right to rescind, revoke or amend this program and/or savings offer at any time.

** This savings offer is valid for commercially insured patients only, and is not valid for uninsured or cash-paying patients. This offer is not valid if you are eligible for reimbursement of this product, in whole or in part, by Medicare, Medicaid, Tricare, or similar federal- or state-funded programs. Void where prohibited by law.

Patient Instructions: Insured patients can use this Nestabs DHA supplemental savings card, in addition to their private insurance, to help reduce out-of-pocket expenses on eligible prescriptions of Nestabs DHA. Present this savings card to your local pharmacist, along with your insurance information and valid Nestabs DHA prescription. If processed correctly, commercially insured patients should pay no more than \$0 on their initial 30-day supply of Nestabs DHA, and no more than \$25 for each monthly refill prescription thereafter. Ongoing benefits apply.

Pharmacist Instructions: Patients with Eligible Third-Party Payer: Submit the claim to the primary third-party payer first, then submit the balance due to **Therapy First Plus** as a secondary payer COB (coordination of benefits) with patient responsibility amount and a valid Other Coverage Code (8). Insured patients will pay \$0 on the 1st prescription, and pay no more than \$25 on all future refills. Any remaining out-of-pocket costs will be the patient's responsibility. Ongoing benefits apply. You will receive your reimbursement from **Therapy First Plus**. For any questions regarding **Therapy First Plus** online processing, please call the Help Desk at 1-800-433-4893.

Terms and Conditions: Valid only at participating retail or mail order pharmacies in the United States. Women's Choice Pharmaceuticals retains the right to rescind, revoke or amend this program at any time. This offer is valid for commercially insured patients only, and is not valid for uninsured or cash-paying patients. This offer is not valid if you are eligible for reimbursement of this product, in whole or in part, by Medicare, Medicaid, Tricare, or similar federal- or state-funded programs. Void where prohibited by law.

Nestabs® DHA Prenatal Multi-Vitamin/Mineral Tablets with DHA and 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.

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.....	200 mg	15%
as FormiCal® (Calcium Formate 155 mg) (Calcium Carbonate 45 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.

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.

Indications and Usage: Nestabs® DHA is indicated to provide vitamin/mineral and omega-3 fatty acid supplementation to women throughout pregnancy, during the postnatal period for both lactating and non-lactating mothers. Nestabs® DHA is also beneficial in 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: 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.

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

Dosage and Administration: Nestabs® DHA—One tablet and one soft gel capsule daily or as directed by a physician.

How Supplied: Nestabs® DHA tablets for oral administration are supplied as six child-resistant blister cards containing five tablets and five soft gel capsules each (NDC # 50967-317-30). Samples are in blister cards containing two tablets and two soft gel capsules each (NDC # 50967-317-02). Store at controlled room temperature 15° - 30°(59°- 86°F) **RX only** U.S. Patent #6,528,542, #6,489,361, #6,160,016

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HEALTHY BUNDLES PROGRAM



THE NESTABS DHA DIFFERENCE

Nestabs DHA delivers a nutritionally complete prenatal vitamin formulation.

RX ONLY

THE IMPORTANCE OF PRENATAL VITAMINS

It can be difficult choosing the right prenatal vitamin to deliver the key vitamins and minerals needed for a healthy pregnancy. Following the perfect diet to deliver the required amounts of these key nutrients can also be challenging, especially if you are battling nausea during the early terms of your pregnancy.

Like millions of women, a prescription prenatal vitamin may be the best source for you to help supplement any gaps in your nutritional diet throughout your pregnancy journey. Speak with your doctor or healthcare provider today about obtaining a prescription for **Nestabs DHA**.

Available at your local pharmacy, prescription-only **Nestabs DHA** is designed specifically for childbearing women by offering one of the most nutritionally complete formulations available today. Ask your doctor or healthcare provider if **Nestabs DHA** is right for you.

Once you receive your prescription for Nestabs DHA, please be sure to enroll in the Healthy Bundles Program!

Folic Acid

Nestabs DHA provides 1000mcg of folic acid, a higher dose than most over-the-counter options. Folic acid has been shown to be crucial to baby brain development and may prevent neural tube issues, such as spina bifida.¹ Most childbearing women don't get enough folic acid in their diet, so a prescription-only form of folic acid could be the most appropriate option for you and your baby.

Vitamin B6

Nestabs DHA contains 50mg of Vitamin B6. Vitamin B6 has been shown to reduce pregnancy-related nausea.^{2,3}

Iron

Nestabs DHA includes a novel form of chelated iron that is easy for the body to absorb and has been clinically demonstrated to reduce negative side effects such as bloating, constipation, and nausea.⁴

Choline

Designated as an essential nutrient by the Institute of Medicine, choline has been shown to play a critical role in normal brain development and has been associated with improved memory skills of children.⁵

DHA/EPA

The Nestabs DHA Soft Gel Capsule offers a high-quality source of omega-3 fatty acids containing both DHA and EPA. DHA and EPA have been shown to help prevent premature birth and improve infant psychomotor development, as well as demonstrating lower rates of postpartum depression.^{6,7,8}

FormiCal

Contains a patented source of calcium formate, FormiCal, which has been shown to be better absorbed than other common forms of calcium.⁹

Dose Pack

Nestabs DHA is packaged as a 30-day supply containing 30 easy-to-swallow tablets and 30 easy-to-swallow soft gel capsules. The recommended dose is one tablet and one soft gel capsule taken orally each day, or as directed by your physician.

Nestabs DHA is indicated to provide vitamin/mineral and omega-3 fatty acid supplementation to women throughout pregnancy, including the postnatal period for both lactating and non-lactating mothers. Nestabs DHA is also beneficial in improving the nutritional status of women prior to conception.

This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

Keep this product out of the reach of children.

ENROLL TODAY!

Visit nestabshealthybundles.com or call 1-844-295-0550 today!

This program is **FREE** and provides relevant nutritional information throughout your pregnancy journey, plus receive substantial savings that can be applied toward your monthly prescriptions of **Nestabs DHA!**



HEALTHY BUNDLES PROGRAM

SUPPLEMENTAL SAVINGS CARD

1st Rx of Nestabs DHA is **FREE***
then additional savings on future refills**

BIN#: PCN: GROUP: ID#:

* Offer only valid when used with commercial insurance plans only. Maximum benefits limits apply and are subject to change at any time.

** For monthly refill Rx's of Nestabs DHA, keep this card for additional savings that can be applied toward your out-of-pocket responsibility.