



## Supplement Facts

Serving Size: 1 Softgel

Servings per container: 30

Amount Per Serving:	% Daily Value	% Daily Value for Pregnant & Lactating Women
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Vitamin C (as ascorbic acid) 55 mg	92%	92%
Vitamin D3 (as cholecalciferol) 1000 IU	250%	250%
Vitamin E (as d-alpha-tocopheryl acetate) 15 IU	50%	50%
Thiamin (as thiamine HCl, Vitamin B1) 1.3 mg	87%	76%
Riboflavin (Vitamin B2) 1.8 mg	106%	90%
Niacin (as nicotinic acid) 5 mg	25%	25%
Vitamin B6 (as pyridoxine HCl) 35 mg	1750%	1400%
Folate (as 630 mcg of L-Methylfolate Magnesium, molar equivalent to 600mcg of L-Methylfolic acid; and 400mcg of folic acid) 1 mg	250%	125%
Vitamin B12 (as cyanocobalamin) 14 mcg	233%	175%
Iron (as carbonyl iron) 31 mg	172%	172%
Iodine (as Potassium Iodide) 200 mcg	133%	133%
Magnesium (as Magnesium Oxide) 30 mg	8%	7%
Docosahexaenoic Acid (DHA) 200mg	*	*
Eicosapentaenoic Acid (EPA) 15 mg	*	*

\*Daily Value not established

**Other Ingredients:** Gelatin (bovine), Glycerin, Purified Water, Yellow Bees Wax, Caramel Powder, Soy Lecithin, Natural Orange Flavor, Ethyl Vanillin.

### Contains: Soy and Fish

TriStart™ DHA Softgel capsules are dye free, lactose, gluten and sugar free. They do not contain any artificial flavors or sweeteners. TriStart™ DHA contains bovine gelatin.

**INDICATIONS:** TriStart™ DHA is an orally administered multivitamin/multimineral fatty acid dietary supplement indicated to improve the nutritional status of women throughout pregnancy and in the postnatal period for both lactating and nonlactating mothers. TriStart™ DHA can also be beneficial in improving the nutritional status of women prior to conception<sup>1</sup>.

<sup>1</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

**CONTRAINDICATIONS:** TriStart™ DHA is contraindicated in patients with a known hypersensitivity to any of the ingredients.

**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.*

Caution is recommended in patients taking anticonvulsant medications as folate may interfere with anticonvulsant medication, and may lower seizure threshold. Furthermore, anticonvulsant medications may interfere with folate metabolism.

**PRECAUTIONS:** Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where Vitamin B12 is deficient. Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

Ingestion of more than 3 grams of omega-3 fatty acids (such as DHA and EPA) per day has been shown to have potential antithrombotic effects, including an increased bleeding time

and International Normalized Ratio (INR). Administration of omega-3 fatty acids should be avoided in patients taking anticoagulants and in those known to have an inherited or acquired predisposition to bleeding.

**ADVERSE REACTIONS:** Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

You should call your doctor for medical advice about serious adverse events. To report adverse side effects or to obtain product information, contact Carwin Pharmaceutical Associates, LLC at 1-844-700-5011.

**DIRECTIONS: Adults:** Take one softgel daily with or without food, or as prescribed by a healthcare practitioner. **Children under 12:** Consult a doctor.

Do not exceed the recommended dose.

**HOW SUPPLIED:** TriStart™ DHA is available as oval, brown softgel capsules with a yellow imprint "TriStart". They are available in child-resistant carton unit dose pack of 30 softgels (15370-250-30) and in a 3ct professional sample (15370-250-03).

Store at 20°-25°C (68°-77°F); excursions permitted to 15°-30°C (59°-86°F) [See USP Controlled Room Temperature.]

TriStart™ DHA should be administered only under the direct supervision of a healthcare practitioner.

Avoid excessive heat, light and moisture.

**Keep out of reach of children.**

**Tamper Evident:** Do not use if seal is broken or missing.

**Rx only**



**Carwin Pharmaceutical Associates, LLC**

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**MADE IN CANADA**

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