

Suggested use: Three tablets.

For best results, take throughout the day.

Can be taken on an empty stomach.

Not recommended for use in children.

Certified Gluten Free by NSF; 100% vegetarian;
no artificial flavors or colors.

Please refer to newchapter.com for more
information about this product and its benefits.

Caution: As with any dietary supplement, you should advise your healthcare professional of the use of this product. If you are taking medication, or are nursing, pregnant, or considering pregnancy, you should consult your healthcare professional prior to using this product. Discontinue use and contact your healthcare professional if you experience a side effect or an allergic reaction. Do not exceed suggested use.

Keep out of reach of children.

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.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

The New Chapter® Money-Back Guarantee

We proudly stand behind every product we make.

However, if you are not satisfied, please visit www.newchapter.com/guarantee for refund details.

Please recycle this bottle after use.

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NEWCHAPTER®



perfect prenatal
MULTIVITAMIN™

Whole-Food Fermented Multivitamin for
Healthy Pregnancy & Fetal Development*
Eases morning sickness with Ginger*
Can be taken on an empty stomach

MADE WITH ORGANIC
VEGETABLES & HERBS



192 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets

Servings per container 64

Amount per serving		%DV for adults	%DV for pregnant women	Amount per serving		%DV for adults	%DV for pregnant women
Vitamin A (100% as beta-carotene from ferment media)	1300 mcg	144%	100%	Magnesium (as magnesium oxide from ferment media and Lithothamnion calcareum)	75 mg	4%	4%
Vitamin C (as ascorbic acid from ferment media)	75 mg	83%	63%	Zinc (as zinc oxide from ferment media)	6.5 mg	59%	50%
Vitamin D5 (as cholecalciferol from ferment media)	25 mcg	125%	167%	Selenium (as selenium dioxide from ferment media)	70 mcg	127%	100%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	20.9 mg	139%	110%	Copper (as copper sulfate anhydrous from ferment media)	0.65 mg	72%	50%
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	90 mcg	75%	100%	Manganese (as manganese chloride from ferment media)	2.6 mg	113%	100%
Thiamin (as thiamine hydrochloride from ferment media)	1.4 mg	107%	100%	Chromium (as chromium chloride from ferment media)	45 mcg	129%	100%
Riboflavin (from ferment media)	1.6 mg	125%	100%	Molybdenum (as sodium molybdate from ferment media)	20 mcg	44%	40%
Niacin (as niacinamide from ferment media)	18 mg	113%	100%	Prenatal Herbal Blend (from ferment media)	225 mg	*	*
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	5 mg	254%	250%	Organic Brown Rice, Organic Oats, Organic Blueberry (fruit), Organic Prune (fruit), Organic Blackberry (fruit), Organic Flame Raisin (fruit), Organic Raspberry (fruit), Organic Dandelion (leaf), Organic Rose Hip (fruit), Organic Lavender (flower), Organic Lemon Balm (leaf), Organic Peppermint (leaf), Organic Clove (bud)			
Folate (as methylfolate, and as 105 mcg folic acid from ferment media)	540 mcg DFE	135%	90%	Cruciferous Sprouts Blend	100 mg	*	*
Vitamin B12 (as cyanocobalamin from ferment media)	3 mcg	125%	107%	Organic Broccoli (sprout), Organic Cauliflower (sprout), Organic Kale (sprout), Organic Daikon Radish (sprout), Organic Cabbage (sprout), Organic Mustard (sprout)			
Biotin (from ferment media)	35 mcg	117%	100%	Ginger (rhizome) 50 mg aqueous extract and 12 mg organic supercritical extract	62 mg	*	*
Pantothenic Acid (as calcium D-pantothenate from ferment media)	7 mg	140%	100%	Organic Turmeric (rhizome) from ferment media	58.25 mg	*	*
Calcium (from algae Lithothamnion calcareum)	75 mg	6%	6%				
Iron (as ferrous fumarate from ferment media)	27 mg	150%	100%				
Iodine (as potassium iodide from ferment media)	150 mcg	100%	52%				

* Daily Value (DV) not established

Other ingredients: Ferment media (organic soy flour, organic gum acacia, organic *Saccharomyces cerevisiae*, organic maltodextrin, organic orange peel powder, organic molasses, organic carrot powder, papain (deactivated), bromelain (deactivated), lactic acid bacteria [*Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus rhamnosus*], organic alfalfa powder, Prenatal probiotic combination [*Lactobacillus casei*, *Lactobacillus plantarum*, *Lactobacillus salivarius*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Streptococcus thermophilus*, *Bifidobacterium bifidum*, *Bifidobacterium infantis*, *Bifidobacterium longum* and *Bifidobacterium breve*] and organic safflower oil), organic gum acacia, silicon dioxide, magnesium stearate, lac resin and carnauba wax.

Contains: Fermented soy.

Distributed by NEW CHAPTER, INC., 90 TECHNOLOGY DRIVE, BRATTLEBORO, VT 05301

For questions or comments call 888-874-4461

Certified Organic by International Certification Services, Inc., Medina, ND, USA