

Suggested use: Three tablets daily.
Can be taken anytime, even on an empty stomach. Do not exceed suggested dose.
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.

***This statement has 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

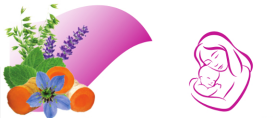
We proudly stand behind every product we make. However, if you are not satisfied, please visit www.newchapter.com/guarantee for refund details.

Please recycle this bottle after use.

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NEWCHAPTER®



perfect postnatal™ MULTIVITAMIN

**Whole-Food Fermented Multivitamin with
Nutrients for Energy, Mood and Lactation Support***

Can be taken on an empty stomach

MADE WITH ORGANIC
VEGETABLES & HERBS



48 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 16

Amount per serving	%DV for lactating women	Amount per serving	%DV for lactating women
Vitamin A (100% as beta-carotene from ferment media)	1500 mcg 100%	Iodine (50% as potassium iodide from ferment media and 50% from kelp)	150 mcg 52%
Vitamin C (as ascorbic acid from ferment media)	75 mg 63%	Magnesium (as magnesium oxide from ferment media and Lithothamnion calcareum)	20 mg 5%
Vitamin B3 (as cholecalciferol from ferment media)	50 mcg 333%	Zinc (as zinc oxide from ferment media)	10 mg 77%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	20.9 mg 110%	Selenium (as selenium dioxide from ferment media)	70 mcg 100%
Vitamin K (as phyloquinone (K1) from ferment media and as menaquinone-7 (K2) from natto)	90 mcg 100%	Copper (as copper sulfate anhydrous from ferment media)	1 mg 77%
Thiamin (as thiamine hydrochloride from ferment media)	1.4 mg 100%	Manganese (as manganese chloride from ferment media)	2.6 mg 100%
Riboflavin (from ferment media)	1.6 mg 100%	Chromium (as chromium chloride from ferment media)	45 mcg 100%
Niacin (as niacinamide from ferment media)	18 mg 100%	Molybdenum (as sodium molybdate from ferment media)	20 mcg 40%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	10 mg 500%	Postnatal Herbal Blend (from ferment media)	200 mg *
Folate (as methylfolate, and as 105 mcg folic acid from ferment media)	540 mcg DFE 90%	Organic Oats, Organic Lemon Balm (leaf), Organic Chamomile (flower), Organic Lavender (flower), Organic Candamom (fruit)	
Vitamin B12 (as cyanocobalamin from ferment media)	3 mcg 107%	Organic Kelp (Ascophyllum nodosum) (thallus)	90 mg *
Biotin (from ferment media)	35 mcg 100%	Organic Nigella (Nigella sativa) (seed)	40 mg *
Pantothenic Acid (as calcium D-pantothenate from ferment media)	7 mg 100%	Organic Turmeric (rhizome) 27.2 mg from ferment media and 8 mg from supercritical extract	35.2 mg *
Calcium (from algae Lithothamnion calcareum)	75 mg 6%		
Iron (as ferrous fumarate from ferment media)	18 mg 67%		

* 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, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain (deactivated), bromelain (deactivated), organic alfalfa powder 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