

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



96 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 32

Amount per serving	%DV for lactating women	Amount per serving	%DV for lactating women
Vitamin A (100% as beta-carotene from ferment media)	1300 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 D3 (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%		
Folate (as methylfolate, and as 105 mcg folic acid from ferment media)	540 mcg DFE 90%	Postnatal Herbal Blend (from ferment media) Organic Oats, Organic Lemon Balm (leaf), Organic Chamomile (flower), Organic Lavender (flower), Organic Cardamom (fruit)	200 mg *
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 arvensis) (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,
lec 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