

Suggested use: One tablet daily.
Can be taken anytime,
even on an empty stomach.

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: Ask a healthcare professional before use
if you have any medical condition or are taking
any medication. If you are nursing, pregnant, or
considering pregnancy, you should consult your
healthcare professional prior to using this product.
Read ingredients carefully and avoid use if known
sensitivity to any of the ingredients. 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.**

***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®

MADE WITH ORGANIC
VEGETABLES & HERBS



55+
every woman's
ONE DAILY MULTI

**Whole-Food Fermented Multivitamin
with Nutrients for Immune, Heart,
Digestive & Energy Support***

With Astaxanthin, a rare plant-nutrient from algae
Can be taken on an empty stomach



24 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 1 Tablet

Amount per serving	%DV	Amount per serving	%DV
Vitamin A (100% as beta-carotene from ferment media)	2500 IU 50%	Calcium (from algae <i>Lithothamnion calcareum</i>)	25 mg 3%
Vitamin C (as ascorbic acid from ferment media)	30 mg 50%	Iodine (as potassium iodide from ferment media)	75 mcg 50%
Vitamin D3 (as cholecalciferol from ferment media)	1000 IU 250%	Zinc (as zinc oxide from ferment media)	5 mg 33%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 IU 50%	Selenium (as selenium dioxide from ferment media)	75 mcg 107%
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	40 mcg 50%	Manganese (as manganese chloride from ferment media)	1 mg 50%
Thiamin (as thiamine hydrochloride from ferment media)	2 mg 133%	Chromium (as chromium chloride from ferment media)	60 mcg 50%
Riboflavin (from ferment media)	2 mg 118%	Molybdenum (as sodium molybdate from ferment media)	10 mcg 13%
Niacin (as niacinamide from ferment media)	20 mg 100%	Organic <i>Haematococcus pluvialis</i> algae	60 mg *
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	5 mg 250%	Astaxanthin 2 mg	
Folate (as folic acid from ferment media)	200 mcg 50%	Organic Turmeric (rhizome) powder (from ferment media)	42.5 mg *
Vitamin B12 (as cyanocobalamin from ferment media)	25 mcg 417%	Digestive Support Blend (from ferment media)	37.5 mg *
Biotin (from ferment media)	150 mcg 50%	Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	
Pantothenic Acid (as calcium D-pantothenate from ferment media)	10 mg 100%	Hormone Support Blend (from ferment media)	37.5 mg *
		Organic Chaste Tree (berry), Organic Red Clover (aerial parts), Organic Raspberry (leaf)	

* 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, organic alfalfa powder, lactic acid bacteria [*Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus rhamnosus*], papain [deactivated], bromelain [deactivated] and organic safflower oil), organic gum acacia, silicon dioxide, magnesium oxide, 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