

health.

Cultured Whole Food

Organic herbs and cultured whole-food vitamins & minerals work together to promote optimal health and condition-specific benefits – not just address nutrient deficiencies.*

Once Daily for Women

Every Woman®'s One Daily is a once-daily organic whole-food multivitamin formulated specifically for the needs of active women.

Bone Health

Whole-Food Calcium, Vitamin D3 and the most bioactive, longest-lasting form of Vitamin K2 promote calcium metabolism and bone health.*

Targeted Herbal Blends

Cultured, organic herbal blends provide energy & stress support and promote hormone and immune system health.*

Convenient

Once-daily formula is easy-to-take, easy-to-digest, and can be taken anytime – even on an empty stomach!

NATURALLY GLUTEN FREE

NEW CHAPTER
Organics®



Front/top

NEW
ENHANCED
FORMULA

every
woman's
ONE DAILY

Whole-Food
Multi Vitamin + Herbs + Minerals
Stress • Immune • Bone Health*

72 Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 1 Tablet Servings per container 72

One tablet contains		%DV
Probiotic Nutrients*		
Vitamin A † (100% as beta-carotene)	5000 IU	100%
Vitamin C †	60 mg	100%
Vitamin D3 †	1000 IU	250%
Vitamin E †	30 IU	100%
Vitamin K1 †	70 mcg	88%
Vitamin K2 (MK-7) (from MenaQ7™ ‡)	10 mcg	12%
Thiamin-Vitamin B1 †	1.5 mg	100%
Riboflavin-Vitamin B2 †	1.7 mg	100%
Niacin †	20 mg	100%
Vitamin B6 †	2 mg	100%
Folate †	400 mcg	100%
Vitamin B12 †	12 mcg	200%
Biotin †	150 mcg	50%
Pantothenic Acid †	10 mg	100%
Calcium (from Algae ‡)	25 mg	2.5%
Iron †	3 mg	17%
Iodine †	75 mcg	50%
Magnesium † (67% cultured, 33% from Algae ‡)	4.5 mg	1%
Zinc †	7.5 mg	50%
Selenium †	50 mcg	71%
Copper †	750 mcg	38%
Manganese †	1 mg	50%
Chromium †	60 mcg	50%
Molybdenum †	10 mcg	13%

Mixed Carotenoids †	3 mg	•
Herbal Blends		
Stress/Energy Support Blend †	50 mg	•
[Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)]		
Hormone Support Blend †	30 mg	•
[Organic Chaste Tree (berry), Organic Red Clover (flower), Organic Raspberry (leaf)]		
Immune Support Blend†	20 mg	•
[Blueberry Extract (Sambucus nigra) (berry), Organic Eleuthero (root), Organic Astragalus (root)]		
Herbal Extracts		
Ginger (rhizome) 3.2 mg hydroethanolic extract and 0.8 mg organic supercritical extract	4 mg	•
Turmeric (rhizome) 3.2 mg hydroethanolic extract and 0.8 mg organic supercritical extract	4 mg	•

• Daily Value not established ‡ Lithothamnion: (L. calcareum and L. conallides)
† Nutrients and herbs are cultured in organic media that may contain: organic milled soy, Saccharomyces cerevisiae (organic yeast: active and inactive), organic maltodextrin, organic gum acacia, organic orange and lemon peel – natural sources of bioflavonoids, organic carrot powder, organic alfalfa powder, Lactobacilli (L. acidophilus, L. bifidus, L. rhamnosus) and enzymes (deactivated).

Other ingredients: Organic gum acacia, silica, lac resin, and carnauba wax.

Contains: Fermented soy. Naturally gluten free. 100% vegetarian; no artificial flavors or colors.

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

holistic.

New Chapter® Whole-Food Multivitamins:
More Than Food Supplements,
They're Supplemental Food.™

ORGANIC

Formulated with Organic Ingredients

PROBIOTIC

Cultured with Beneficial Live Probiotics

WHOLE

Bioavailable, Easy-to-Digest Food

Caution: As with any dietary or herbal supplement, you should advise your health care practitioner of the use of this product. If you are nursing, pregnant, or considering pregnancy, you should consult your health care practitioner prior to using this product.

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.

Formulated and distributed by
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§ MenaQ7™ is a trademark of Natto Pharma, Norway. International patents pending.

This package is made of 100% recycled paperboard (35% post-consumer content). It is processed chlorine-free (PCF) and uses vegetable oil-based inks.
Please help protect our planet – recycle this bottle and box after use.

Naturally
Gluten
Free