

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: As with any dietary supplement, you should advise your healthcare professional of the use of this product if you have a medical condition or are taking medication. If you are nursing, pregnant, or considering pregnancy, consult your healthcare professional prior to using this product. **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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NEW CHAPTER®

EST. 1982

40+ EVERY WOMAN'S ONE DAILY WHOLE-FOOD MULTIVITAMIN

FERMENTED FOR ABSORPTION

Immune, Energy & Healthy Aging Support*

VEGETARIAN
96
TABLETS

MADE WITH ORGANIC VEGETABLES & HERBS



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)	900 mcg 100%	Manganese (as manganese chloride from ferment media)	1 mg 43%
Vitamin C (as ascorbic acid from ferment media)	90 mg 100%	Chromium (as chromium chloride from ferment media)	18 mcg 51%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU) 125%	Molybdenum (as sodium molybdate from ferment media)	4.5 mcg 10%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 mg 100%	Breast Support Blend	50 mg *
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	120 mcg 98%	Organic Broccoli (sprout), Organic Cauliflower (sprout), Organic Kale (sprout), Organic Daikon Radish (sprout), Organic Cabbage (sprout), Organic Mustard (sprout)	
Thiamin (as thiamine hydrochloride from ferment media)	1.6 mg 133%	Hormone Support Blend (from ferment media)	37.5 mg *
Riboflavin (from ferment media)	1.6 mg 123%	Organic Chaste Tree (berry), Organic Red Clover (aerial parts), Organic Raspberry (leaf)	
Niacin (as niacinamide from ferment media)	16 mg 100%	Stress and Energy Support Blend (from ferment media)	22.5 mg *
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	4.3 mg 253%	Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)	
Folate (as methylfolate, and as 36 mcg folic acid from ferment media)	200 mcg DFE 50%	Cardio Support Blend	16 mg *
Vitamin B12 (as cyanocobalamin from ferment media)	10 mcg 417%	Organic Fenugreek (seed) from ferment media, Organic Oregano (leaf) from ferment media, Grapeseed extract, Organic Hawthorn (berry, leaf and flower) from ferment media	
Biotin (from ferment media)	15 mcg 50%	Digestive Support Blend (from ferment media)	7.5 mg *
Pantothenic Acid (as calcium D-pantothenate from ferment media)	5 mg 100%	Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	
Calcium (from algae <i>Lithothamnion</i> [<i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>])	26 mg 2%	Ginger (rhizome)	3.2 mg aqueous extract and 0.8 mg organic supercritical extract
Iodine (as potassium iodide from ferment media)	75 mcg 50%	Organic Turmeric (rhizome)	2.7 mg from ferment media and 0.8 mg supercritical extract
Magnesium (as magnesium oxide from ferment media and from <i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>)	8.4 mg 2%		
Zinc (as zinc oxide from ferment media)	5.5 mg 50%		
Selenium (as selenium dioxide from ferment media)	55 mcg 100%		
Copper (as copper sulfate anhydrous from ferment media)	0.55 mg 61%		

* Daily Value (DV) not established

Other ingredients: Ferment media (organic soy flour, organic *Saccharomyces cerevisiae*, organic orange peel powder, organic carrot powder, lactic acid bacteria [*Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus rhamnosus*], organic alfalfa powder, papain [deactivated] and bromelain [deactivated]), organic gum acacia, silica, lac resin and carnauba wax.

Contains: Fermented soy.

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