

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.

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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NEW CHAPTER®

EST. 1982

EVERY WOMAN™'S ONE DAILY WHOLE-FOOD MULTIVITAMIN

FERMENTED FOR ABSORPTION

Immune, Energy, Stress & Beauty Support*

VEGETARIAN
72
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%	Iodine (as potassium iodide from ferment media)	75 mcg 50%
Vitamin C (as ascorbic acid from ferment media)	90 mg 100%	Magnesium (as magnesium oxide from ferment media and from <i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>)	8.4 mg 2%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU) 125%	Zinc (as zinc oxide from ferment media)	5.5 mg 50%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 mg 100%	Selenium (as selenium dioxide from ferment media)	40 mcg 75%
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	120 mcg 98%	Copper (as copper sulfate anhydrous from ferment media)	0.55 mg 61%
Thiamin (as thiamine hydrochloride from ferment media)	1.2 mg 100%	Manganese (as manganese chloride from ferment media)	1 mg 43%
Riboflavin (from ferment media)	1.3 mg 100%	Chromium (as chromium chloride from ferment media)	18 mcg 51%
Niacin (as niacinamide from ferment media)	16 mg 100%	Molybdenum (as sodium molybdate from ferment media)	4.5 mcg 10%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	1.7 mg 100%	Stress and Energy Support Blend (from ferment media) Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)	37.5 mg *
Folate (as methylfolate, and as 80 mcg folic acid from ferment media)	400 mcg DFE 100%	Hormone Support Blend (from ferment media) Organic Chaste Tree (berry), Organic Red Clover (aerial parts), Organic Raspberry (leaf)	22.5 mg *
Vitamin B12 (as cyanocobalamin from ferment media)	4.8 mcg 200%	Immune Support Blend (from ferment media) European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	15 mg *
Biotin (from ferment media)	15 mcg 50%	Ginger (rhizome) 3.2 mg aqueous extract and 0.8 mg organic supercritical extract	4 mg *
Pantothenic Acid (as calcium D-pantothenate from ferment media)	5 mg 100%	Organic Turmeric (rhizome) 2.7 mg from ferment media and 0.8 mg supercritical extract	3.5 mg *
Calcium (from algae <i>Lithothamnion</i> [<i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>])	26 mg 2%		
Iron (as ferrous fumarate from ferment media)	3 mg 17%		

* Daily Value (DV) not established

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

Contains: Fermented soy.

Distributed by NEW CHAPTER, INC., 90 TECHNOLOGY DRIVE, BRATTLEBORO, VT 05301 USA For questions or comments call 888-874-4461

Certified Organic by International Certification Services, Inc., Medina, ND, USA



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