

SUGGESTED USE: THREE TABLETS DAILY. CAN BE TAKEN ANYTIME, EVEN ON AN EMPTY STOMACH. 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, 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. 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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NEW CHAPTER®

EST. 1982

PERFECT CALM™ MULTIVITAMIN

FORMULATED FOR ABSORPTION

Soothing Stress Support & Adrenal Support*

VEGETARIAN
144
TABLETS

MADE WITH ORGANIC VEGETABLES & HERBS



DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 48

Amount per serving	%DV	Amount per serving	%DV
Vitamin A (100% as beta-carotene from ferment media)	900 mcg 100%	Selenium (as selenium dioxide from ferment media)	78.6 mcg 143%
Vitamin C (as ascorbic acid from ferment media)	112.5 mg 125%	Copper (as copper sulfate anhydrous from ferment media)	0.55 mg 61%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU) 125%	Manganese (as manganese chloride from ferment media)	2.3 mg 100%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 mg 100%	Chromium (as chromium chloride from ferment media)	35 mcg 100%
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	120 mcg 98%	Molybdenum (as sodium molybdate from ferment media)	4.5 mcg 10%
Thiamin (as thiamine hydrochloride from ferment media)	12 mg 1000%	Comprehensive Stress Support Blend 242 mg	
Riboflavin (from ferment media)	7.6 mg 585%	Holy Basil (leaf) hydroethanolic extract, Chamomile (flower) hydroethanolic and supercritical extracts, Lemon Balm (leaf) hydroethanolic and supercritical extracts	
Niacin (as niacinamide from ferment media)	36 mg 225%	Organic Nigella (Nigella sativa) (seed) from ferment media	150 mg
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	17 mg 1000%	Immune Support Blend (from ferment media)	56.2 mg
Folate (as folic acid from ferment media)	400 mcg DFE 100%	European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	
Vitamin B12 (as cyanocobalamin from ferment media)	24 mcg 1000%	Digestive Support Blend (from ferment media)	56.2 mg
Biotin (from ferment media)	30 mcg 100%	Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	
Pantoic Acid (as calcium D-pantothenate from ferment media)	22.5 mg 450%	Organic Turmeric (rhizome) 13.6 mg from ferment media and 4 mg supercritical extract	17.6 mg
Calcium (from algae Lithothamnion [Lithothamnion calcareum and Lithothamnion corallioides])	30 mg 2%	Ginger (rhizome) 8 mg aqueous extract and 2 mg organic supercritical extract	10 mg
Iodine (as potassium iodide from ferment media)	90 mcg 60%		
Magnesium (as magnesium oxide from ferment media and from Lithothamnion calcareum and Lithothamnion corallioides)	10 mg 2%		
Zinc (as zinc oxide from ferment media)	5.5 mg 50%		

* 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, lactic acid bacteria (*Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus rhamnosus*), papain [deactivated] and bromelain [deactivated]), organic gum acacia, silica, lac resin and carnauba wax.

Contains: **Fermented soy.**

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



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