

SUGGESTED USE: THREE TABLETS. FOR BEST RESULTS, TAKE THROUGHOUT THE DAY. CAN BE TAKEN 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, 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. Discontinue use and contact your healthcare professional if you experience a side effect or an allergic reaction.

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

PERFECT PRENATAL™

WHOLE-FOOD MULTIVITAMIN

FERMENTED FOR ABSORPTION

Healthy Baby & Mom, Reduced Nausea*

VEGETARIAN
270 TABLETS

MADE WITH ORGANIC VEGETABLES & HERBS



DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 90

Amount per serving		%DV for adults	%DV for pregnant women	Amount per serving		%DV for adults	%DV for pregnant women
Vitamin A (100% as beta-carotene from ferment media)	1300 mcg	144%	100%	Magnesium (as magnesium oxide from ferment media and algae <i>Lithothamnion</i> [<i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>])	15 mg	4%	4%
Vitamin C (as ascorbic acid from ferment media)	75 mg	83%	63%	Zinc (as zinc oxide from ferment media)	6.5 mg	59%	58%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU)	125%	167%	Selenium (as selenium dioxide from ferment media)	70 mcg	127%	106%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	20.9 mg	139%	110%	Copper (as copper sulfate anhydrous from ferment media)	0.65 mg	72%	58%
Vitamin K (as phyloquinone (K1) from ferment media and as menaquinone-7 (K2) from natto)	90 mcg	73%	98%	Manganese (as manganese chloride from ferment media)	2.6 mg	116%	106%
Thiamin (as thiamine hydrochloride from ferment media)	1.4 mg	117%	100%	Chromium (as chromium chloride from ferment media)	45 mcg	129%	106%
Riboflavin (from ferment media)	1.6 mg	123%	100%	Molybdenum (as sodium molybdate from ferment media)	20 mcg	44%	40%
Niacin (as niacinamide from ferment media)	18 mg	113%	100%				
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	5 mg	294%	250%	Prenatal Herbal Blend (from ferment media)	225 mg		
Folate (as methylfolate, and as 105 mcg folic acid from ferment media)	600 mcg DFE	150%	100%	Organic Brown Rice, Organic Oats, Organic Prune (fruit), Organic Blueberry (fruit), Organic Blackberry (fruit), Organic Flame Raisin (fruit), Organic Raspberry (fruit), Organic Dandelion (leaf), Organic Rose Hip (fruit), Organic Lavender (flower), Organic Lemon Balm (leaf), Organic Peppermint (leaf), Organic Clove (bud)	100 mg		
Vitamin B12 (as cyanocobalamin from ferment media)	3 mcg	125%	107%	Breast Support Blend			
Biotin (from ferment media)	35 mcg	117%	100%	Organic Broccoli (sprout), Organic Cauliflower (sprout), Organic Kale (sprout), Organic Daikon Radish (sprout), Organic Cabbage (sprout), Organic Mustard (sprout)	62 mg		
Pantothenic Acid (as calcium D-pantothenate from ferment media)	7 mg	140%	100%	Ginger (rhizome) 50 mg aqueous extract and 12 mg organic supercritical extract	38.2 mg		
Calcium (from algae <i>Lithothamnion</i> [<i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>])	75 mg	6%	6%	Organic Turmeric (rhizome) from ferment media			
Iron (as ferrous fumarate from ferment media)	27 mg	150%	100%				
Iodine (as potassium iodide from ferment media)	150 mcg	100%	52%				

* Daily Value (DV) not established

Other Ingredients: Ferment media (organic soy flour, organic *Saccharomyces cerevisiae*, organic orange peel powder, organic carrot powder, papain [deactivated], bromelain [deactivated], lactic acid bacteria [*Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus rhamnosus*], organic alfalfa powder and prenatal probiotic combination [*Lactobacillus casei*, *Lactobacillus plantarum*, *Lactobacillus salivarius*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Streptococcus thermophilus*, *Bifidobacterium bifidum*, *Bifidobacterium infantis*, *Bifidobacterium longum* and *Bifidobacterium breve*]), organic gum acacia, silica, magnesium stearate, lac resin and carnauba wax.

Contains: Fermented soy.

Distributed by NEW CHAPTER, INC., 90 TECHNOLOGY DRIVE, BRATTLEBORO, VT 05301 USA

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

For questions or comments call 888-874-4461



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