

health.

Cultured
Whole
Food

Organic herbs and cultured whole-food vitamins & minerals work together to promote a healthy pregnancy and baby – not just address nutrient deficiencies.*

For
Mom &
Baby

Perfect Prenatal® whole-food multivitamin, including targeted levels of whole-food folate, is formulated specifically to nourish mother and baby.

Prenatal
Herbal
Blend

Cultured, organic, and safe for pregnancy herbal blend combine whole foods and Class 1 herbs with live probiotics to support a healthy pregnancy.

Hormone
& Breast
Support

A blend of organic broccoli, organic kale, and other organic cruciferous sprouts supports healthy estrogen metabolism and breast health.*

Convenient

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

NATURALLY GLUTEN FREE

NEWCHAPTER
Organics®
Front/top



NEW
ENHANCED
FORMULA

perfect
PRENATAL®

Whole-Food
Multi Vitamin + Herbs + Minerals
Healthy Pregnancy • Fetal Development*

192 Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets Servings per container 64

Three tablets contain		%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 †	4 mg	267%
Riboflavin-Vitamin B2 †	5 mg	294%
Niacin †	20 mg	100%
Vitamin B6 †	5 mg	250%
Folate †	600 mcg	150%
Vitamin B12 †	30 mcg	500%
Biotin †	300 mcg	100%
Pantothenic Acid †	10 mg	100%
Calcium (from Algae ‡)	75 mg	7.5%
Iron †	18 mg	100%
Iodine †	90 mcg	60%
Magnesium † (70% cultured, 30% from Algae ‡)	15 mg	3%
Zinc †	7.5 mg	50%
Selenium †	50 mcg	71%
Copper †	750 mcg	38%
Manganese †	2 mg	100%
Chromium †	100 mcg	83%
Molybdenum †	20 mcg	27%

Mixed Carotenoids † 3 mg •
Prenatal Herbal Blend † 300 mg •

(Organic Brown Rice, Organic Oats, Organic Blueberries (fruit), Organic Prunes (fruit), Organic Blackberries (fruit), Organic Flame Raisins (fruit), Organic Raspberries (fruit), Organic Dandelion (leaf), Organic Rose Hips (fruit), Organic Lavender (flower), Organic Lemon Balm (leaf), Organic Peppermint (leaf), Organic Cloves (bud), L. casei, L. plantarum, L. salivarius, L. acidophilus, L. rhamnosus, S. thermophilus, B. bifidum, B. infantis, B. longum, and B. breve)

Breast Support Blend (sprouted seeds) 100 mg •
(Organic Broccoli, Organic Cauliflower, Organic Kale, Organic Daikon Radish, Organic Cabbage, Organic Mustard)

• Daily Value not established ‡ Lithothamnion: (L. calcareum and L. coraloides)
† 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: Three tablets 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
NEW CHAPTER, INC.
90 TECHNOLOGY DRIVE, BRATTLEBORO, VT 05301
888-874-4461

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MenaQ7

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Please help protect our planet – recycle this bottle and box after use.

Naturally
Gluten
Free