

SUGGESTED USE: TAKE ONE TABLET DAILY. CAN BE TAKEN ANYTIME, EVEN ON AN EMPTY STOMACH. FOR ALL-DAY NAUSEA RELIEF, TAKE ½ TABLET IN MORNING AND ½ TABLET LATER IN THE DAY. 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

ONE DAILY PRENATAL MULTIVITAMIN

FORMULATED FOR ABSORPTION

Healthy Baby & Mom, Reduced Nausea*

VEGETARIAN
90
TABLETS



DIETARY SUPPLEMENT

Supplement Facts

Serving size 1 Tablet

Amount per serving		%DV for adults	%DV for pregnant women
Vitamin A (100% as beta-carotene and from ferment media)	770 mcg	86%	59%
Vitamin C (as calcium ascorbate and as ascorbic acid from ferment media)	60 mg	67%	50%
Vitamin D3 (as cholecalciferol and from ferment media)	25 mcg (1000 IU)	125%	167%
Vitamin E (as d-alpha-tocopheryl acetate and from ferment media)	15 mg	100%	79%
Vitamin K (as phytylquinone (K1) from ferment media and as menaquinone-7 (K2))	91 mcg	75%	100%
Thiamine (as thiamine hydrochloride from ferment media)	1.4 mg	117%	100%
Riboflavin (from ferment media)	1.6 mg	123%	100%
Niacin (as niacinamide from ferment media)	18 mg	113%	100%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	2 mg	118%	100%
Folate (as methylfolate)	680 mcg DFE	170%	113%
Vitamin B12 (as methylcobalamin)	2.8 mcg	117%	100%
Biotin (from ferment media)	35 mcg	117%	100%

* Daily Value (DV) not established

Amount per serving		%DV for adults	%DV for pregnant women
Pantothenic Acid (as calcium D-pantothenate from ferment media)	7 mg	140%	100%
Choline (as choline bitartrate)	55 mg	10%	10%
Iron (as ferrous bisglycinate chelate and as ferrous fumarate from ferment media)	27 mg	150%	100%
Iodine (as potassium iodide from ferment media)	150 mcg	100%	52%
Zinc (as zinc oxide from ferment media)	5.2 mg	47%	40%
Selenium (as selenium dioxide from ferment media)	70 mcg	127%	100%
Copper (as copper sulfate anhydrous from ferment media)	0.52 mg	58%	40%
Manganese (as manganese chloride from ferment media)	0.65 mg	28%	25%
Chromium (as chromium chloride from ferment media)	45 mcg	129%	100%
Soothing Digestive Blend	65 mg		
Ginger (rhizome) aqueous extract and organic supercritical extract, organic Peppermint (leaf), organic Lemon Balm (leaf), organic Raspberry (fruit)			

Other Ingredients: Ferment media (organic soy flour, organic *Saccharomyces cerevisiae*, organic orange peel powder, organic alfalfa powder, bromelain [deactivated], papain [deactivated], organic carrot powder and lactic acid bacteria [*Lactobacillus acidophilus*, *Lactobacillus rhamnosus* and *Bifidobacterium bifidum*]), organic coating/binder (organic maltodextrin, organic gum acacia, organic sunflower lecithin, organic palm oil and organic guar gum), silica, organic fiber blend (organic rice flour, organic oat fiber and organic sunflower lecithin), organic gum acacia, sodium alginate and pea starch.

Contains: Fermented soy.

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



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