

**SUGGESTED USE: THREE TABLETS DAILY.
CAN BE TAKEN ANYTIME, EVEN ON AN EMPTY
STOMACH. DO NOT EXCEED SUGGESTED DOSE.
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 are taking medication, or are nursing, pregnant, or considering pregnancy, you should 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.**

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 POSTNATAL™ WHOLE-FOOD MULTIVITAMIN

FERMENTED FOR ABSORPTION

Energy, Mood & Lactation Support*

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 lactating women	Amount per serving	%DV for lactating women
Vitamin A (100% as beta-carotene from ferment media)	1300 mcg 100%	Iodine (60% as potassium iodide from ferment media and 40% from kelp)	160 mcg 52%
Vitamin C (as ascorbic acid from ferment media)	75 mg 63%	Magnesium (as magnesium oxide from ferment media and from algae <i>Lithothamnion</i> [<i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>])	20 mg 5%
Vitamin D3 (as cholecalciferol from ferment media)	50 mcg (2000 IU) 333%	Zinc (as zinc oxide from ferment media)	10 mg 17%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	20.9 mg 110%	Selenium (as selenium dioxide from ferment media)	70 mcg 100%
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	90 mcg 98%	Copper (as copper sulfate anhydrous from ferment media)	1 mg 17%
Thiamin (as thiamine hydrochloride from ferment media)	1.4 mg 100%	Manganese (as manganese chloride from ferment media)	2.6 mg 100%
Riboflavin (from ferment media)	1.6 mg 100%	Chromium (as chromium chloride from ferment media)	45 mcg 100%
Niacin (as niacinamide from ferment media)	18 mg 100%	Molybdenum (as sodium molybdate from ferment media)	20 mcg 40%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	10 mg 500%	Postnatal Herbal Blend (from ferment media) Organic Oats, Organic Lemon Balm (leaf), Organic Chamomile (flower), Organic Lavender (flower), Organic Cardamom (fruit)	200 mg *
Folate (as methylfolate, and as 105 mcg folic acid from ferment media)	540 mcg DFE 90%	Organic Kelp (<i>Ascophyllum nodosum</i>) (thallus)	90 mg *
Vitamin B12 (as cyanocobalamin from ferment media)	3 mcg 107%	Organic Nigella (<i>Nigella sativa</i>) (seed)	40 mg *
Biotin (from ferment media)	35 mcg 100%	Organic Turmeric (rhizome) 27.2 mg from ferment media and 8 mg from supercritical extract	35.2 mg *
Pantothenic Acid (as calcium D-pantothenate from ferment media)	7 mg 100%		
Calcium (from algae <i>Lithothamnion</i> [<i>Lithothamnion calcareum</i> and <i>Lithothamnion corallioides</i>])	75 mg 6%		
Iron (as ferrous fumarate from ferment media)	18 mg 67%		

* 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*] and organic alfalfa powder), 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 888-874-4451

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