

**PROBIOTIC. WHOLE.
NON-GMO PROJECT VERIFIED.**

Suggested use: Three tablets daily.
Can be taken anytime, even
on an empty stomach.

Gluten free; 100% vegetarian;
no artificial flavors or colors.

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Caution: As with any dietary or herbal supplement, you should advise your healthcare practitioner of the use of this product. If you are nursing, pregnant, or considering pregnancy, you should consult your healthcare 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.

***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.**

Please recycle this bottle after use.

0317-C01

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perfect prenatal™ MULTIVITAMIN

**Whole-Food Complexed Multivitamin for
Healthy Pregnancy & Fetal Development***

Can be taken on an empty stomach

192 Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets Servings per container 64

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (100% as beta-carotene from culture media)	5000 IU 100%	Magnesium (as magnesium oxide from culture media and <i>Lithothamnion</i> [<i>L. calcareum</i> and <i>L. corallioides</i>])	15 mg 3%
Vitamin C (as ascorbic acid from culture media)	60 mg 100%	Zinc (as zinc oxide from culture media)	7.5 mg 50%
Vitamin D3 (as cholecalciferol from culture media)	1000 IU 250%	Selenium (as selenium dioxide from culture media)	50 mcg 71%
Vitamin E (as d-alpha-tocopheryl acetate from culture media)	30 IU 100%	Copper (as copper sulfate anhydrous from culture media)	750 mcg 38%
Vitamin K (as phyloquinone [K1] from culture media and as menaquinone-7 [K2] from natto)	80 mcg 100%	Manganese (as manganese chloride from culture media)	2 mg 100%
Thiamin (as thiamine hydrochloride from culture media)	4 mg 267%	Chromium (as chromium chloride from culture media)	100 mcg 83%
Riboflavin (from culture media)	5 mg 294%	Molybdenum (as sodium molybdate from culture media)	20 mcg 27%
Niacin (as niacinamide from culture media)	20 mg 100%	Prenatal Herbal Blend (from culture media)	300 mg •
Vitamin B6 (as pyridoxine hydrochloride from culture media)	5 mg 250%	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), <i>L. casei</i> , <i>L. plantarum</i> , <i>L. salivarius</i> , <i>L. acidophilus</i> , <i>L. rhamnosus</i> , <i>S. thermophilus</i> , <i>B. bifidum</i> , <i>B. infantis</i> , <i>B. longum</i> and <i>B. breve</i>	
Folate (as folic acid from culture media)	600 mcg 150%	Breast Support Blend (sprouted seeds)	100 mg •
Vitamin B12 (as cyanocobalamin from culture media)	30 mcg 500%	Organic Broccoli, Organic Cauliflower, Organic Kale, Organic Daikon Radish, Organic Cabbage, Organic Mustard	
Biotin (from culture media)	300 mcg 100%		
Pantothenic Acid (as calcium D-pantothenate from culture media)	10 mg 100%		
Calcium (from algae <i>Lithothamnion</i> [<i>L. calcareum</i> and <i>L. corallioides</i>])	75 mg 7.5%		
Iron (as ferrous fumarate from culture media)	18 mg 100%		
Iodine (as potassium iodide from culture media)	90 mcg 60%		

• Daily Value not established

Other ingredients: Culture media (organic milled soy, organic *Saccharomyces cerevisiae* [active and inactive], organic maltodextrin, organic gum acacia, organic carrot powder, organic alfalfa powder, organic orange peel, lactic acid bacteria [*L. acidophilus*, *B. bifidum*, *L. rhamnosus*], papain [deactivated] and bromelain [deactivated]), organic gum acacia, silicon dioxide, lac resin, carnauba wax and maltodextrin.

Contains: Fermented soy and fermented wheat (as food source for *Saccharomyces cerevisiae*).†

† The wheat has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods.

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

For questions or comments call 888-874-4461

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