PROBIOTIC, WHOLE, NON-GMO PROJECT VERIFIED.

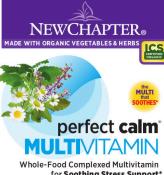
Perfect Calm is the ideal probiotic whole-food complexed multi for men and women seeking to combat stress and enhance calm and overall well-being.* Anti-stress herbs like Holy Basil, Chamomile and Lemon Balm soothe by helping the body cope with stress, fatigue and worry.* Targeted whole-food complexed nutrients, including B Vitamins, Vitamin C and Selenium, work on multiple pathways to enhance overall mood and combat oxidative stress.* Easy to take, easy to digest, and can be taken anytimeeven on an empty stomach!

© 2013 New Chapter, Inc. Manufactured by NEW CHAPTER, INC. 90 TECHNOLOGY DRIVE BRATTLEBORO VT 05301 888-874-4461 Certified Organic by International Certification Services, Inc., Medina, ND, USA Get the Whole Truth! Sign up for our e-newsletter at: new chapter.com/newsletter

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

*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.

Please recycle this bottle after use.



for Soothing Stress Support*

Can be taken on an empty stomach

72 Tablets

Supplement Facts Serving size 3 Tablets Servings per container 24

Three tablets contain Probiotic Nutrients Vitamin At (100% as heta-carotene) 5000IU 75 ma Vitamin C[†] Vitamin D3[†] 1000IU 2 30IU Vitamin E[†] Vitamin K (K1 and K2 [MK7] Blend) 80 mcg 1 Thiamin-Vitamin B1[†] 15 mg 100 Riboflavin-Vitamin B2† 10 mg 5 Niacin[†] 45 mg 2 Vitamin B6† 20 mg 100 400 mca Vitamin B12† 60 mcg 10 Biotin[†] 300 mcg 1 Pantothenic Acid† 45 mg 45 Calcium (from Algaet) 15 mg 90 mca Magnesium[†] (67% cultured, 33% from Algael) 2.5 mg Zinc† 7.5 ma Selenium[†] 100 mca Copper 750 mcg Manganese[†]

DV	Three tablets contain		%D
.,,,,,,,,	Chromium†	100 mcg	839
10%	Molybdenum†	10 mcg	139
25%			
0%	Herbal Blends		
10%	Comprehensive Stress Support Blen		
10%	Holy Basil (leaf) hydroethanolic a		
00%	extracts, Chamomile (flower) hyd		
88%	hydroethanolic and supercritical extracts		
25%			
00%	Immune Support Blend†	75 mg	•
0%	Elderberry extract (Sambucus nig		
00%	Organic Eleuthero (root), Organic	Astragalus	(root)
10%	Digestive Support Blend†	75 mg	•
0%	Organic Aloe (leaf), Organic Pep	permint (le	eaf),
.5%	Organic Coriander (seed), Organ	iic Cardamo	om
0%	(fruit), Organic Artichoke (leaf)		
<1%	Full-Spectrum Herbs and Extracts		
0%	Organic Turmeric (rhizome)	20 mg	
13%	16 mg powder† and 4 mg supercritical extract		
57%	Ginger (rhizome) 8 mg hydroethano	lic 10 mg	
10%	extract and 2 mg organic supercriti		

 Daily Value not established

 \$\Delta\text{ Lithothamnion: } \text{ \$\alpha\text{ }} \cdot \text{ calcareum} \text{ and } \text{ \$\alpha\text{ }} \cdot \text{ 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 peel, organic lemon peel organic carrot powder, organic alfalfa powder, organic molasses. Lactobacilli (L. acidophilus, L. bifidus, L. rhamnosus) and enzymes (deactivated)

Contains: Fermented soy and fermented wheat (as food source for Saccharomyces cerevisiae). Gluten free. 100% vegetarian: no artificial flavors or colors.

Other ingredients: Organic gum acacia, contains 2% or less of: silica, lac resin, carnauba wax and maltodextrin, Suggested use: Three tablets daily. Can be taken anytime, even on an empty stomach.