

**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 anytime—even on an empty stomach!

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Manufactured by NEW CHAPTER, INC.

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

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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.

***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.**

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Please recycle this bottle after use.


NEWCHAPTER®
MADE WITH ORGANIC VEGETABLES & HERBS 



the **MULTI** that **SOOTHES®**

perfect calm®
MULTIVITAMIN

**Whole-Food Complexed Multivitamin
for Soothing Stress Support***

Can be taken on an empty stomach

 **72 Tablets**

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets Servings per container 24

Three tablets contain	%DV	Three tablets contain	%DV
Probiotic Nutrients		Chromium†	100 mcg 83%
Vitamin A† (100% as beta-carotene)	5000 IU 100%	Molybdenum†	10 mcg 13%
Vitamin C†	75 mg 125%		
Vitamin D3†	1000 IU 250%	Herbal Blends	
Vitamin E†	30 IU 100%	Comprehensive Stress Support Blend	200 mg •
Vitamin K (K1 and K2 [MK7] Blend)	80 mcg 100%	Holy Basil (<i>leaf</i>) hydroethanolic and supercritical extracts, Chamomile (<i>flower</i>) hydroethanolic and supercritical extracts, Lemon Balm (<i>leaf</i>) hydroethanolic and supercritical extracts	
Thiamin-Vitamin B1†	15 mg 1000%	Immune Support Blend†	75 mg •
Riboflavin-Vitamin B2†	10 mg 588%	Elderberry extract (<i>Sambucus nigra</i>) (<i>berry</i>), Organic Eleuthero (<i>root</i>), Organic Astragalus (<i>root</i>)	
Niacin†	45 mg 225%	Digestive Support Blend†	75 mg •
Vitamin B6†	20 mg 1000%	Organic Aloe (<i>leaf</i>), Organic Peppermint (<i>leaf</i>), Organic Coriander (seed), Organic Cardamom (<i>fruit</i>), Organic Artichoke (<i>leaf</i>)	
Folate†	400 mcg 100%	Full-Spectrum Herbs and Extracts	
Vitamin B12†	60 mcg 1000%	Organic Turmeric (<i>rhizome</i>)	20 mg •
Biotin†	300 mcg 100%	16 mg powder† and 4 mg supercritical extract	
Pantothenic Acid†	45 mg 450%	Ginger (<i>rhizome</i>)	8 mg hydroethanolic •
Calcium (from Algae†)	15 mg 1.5%	extract and 2 mg organic supercritical extract	
Iodine†	90 mcg 60%		
Magnesium† (67% cultured, 33% from Algae†)	2.5 mg <1%		
Zinc†	7.5 mg 50%		
Selenium†	100 mcg 143%		
Copper†	750 mcg 37%		
Manganese†	2 mg 100%		

• Daily Value not established † Lithothamnion: (*L. calcareum* and *L. corallioideus*) ‡ 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).

Other ingredients: Organic gum acacia, contains 2% or less of: silica, lac resin, carnauba wax and maltodextrin.

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

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

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