

**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

Get the *Whole Truth!*

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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.**

0338-C03

Please recycle this bottle after use.



the  
**MULTI**  
that  
**SOOTHES\***

# perfect calm<sup>®</sup> MULTIVITAMIN

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

Can be taken on an empty stomach



144 Tablets

DIETARY SUPPLEMENT

## Supplement Facts

Serving size 3 Tablets Servings per container 48

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

• 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.**