

**PROBIOTIC-CULTURED.
NON-GMO PROJECT VERIFIED.
WHOLE-FOOD COMPLEXED.**

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.**

Gluten free; 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 nursing, pregnant, or considering pregnancy, you should
consult your healthcare professional prior to using this product.
Do not use if taking anti-coagulants. Discontinue use and
contact your healthcare professional if you experience a side
effect or an allergic reaction. Read ingredients carefully and
avoid use if known sensitivity to any of the ingredients.
Do not combine with other products containing Vitamin D.
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.**

Please recycle this bottle after use.

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perfect postnatal™ MULTIVITAMIN

NEW

**Whole-Food Cultured Multivitamin
with Nutrients for Energy, Mood
and Lactation Support***

Can be taken on an empty stomach



96 Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets

Servings per container 32

Amount per serving	%DV for lactating women
Vitamin A (100% as beta-carotene from culture media)	5000 IU 63%
Vitamin C (as ascorbic acid from culture media)	60 mg 100%
Vitamin D3 (as cholecalciferol from culture media)	2000 IU 500%
Vitamin E (as d-alpha-tocopheryl acetate from culture media)	36 IU 120%
Vitamin K (as phyloquinone [K1] from culture media and as menaquinone-7 [K2] from natto)	80 mcg *
Thiamin (as thiamine hydrochloride from culture media)	4 mg 235%
Riboflavin (from culture media)	5 mg 250%
Niacin (as niacinamide from culture media)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride from culture media)	10 mg 400%
Folate (as folic acid from culture media)	400 mcg 50%
Vitamin B12 (as cyanocobalamin from culture media)	40 mcg 500%
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. coralloides</i>])	75 mg 6%
Iron (as ferrous fumarate from culture media)	9 mg 50%

* Daily Value (DV) not established

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

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

Amount per serving	%DV for lactating women
Iodine (50% as potassium iodide from culture media and 50% from kelp)	150 mcg 100%
Magnesium (as magnesium oxide; from culture media and algae <i>Lithothamnion</i> [<i>L. calcareum</i> and <i>L. coralloides</i>])	20 mg 4%
Zinc (as zinc oxide from culture media)	10 mg 67%
Selenium (as selenium dioxide from culture media)	70 mcg *
Copper (as copper sulfate anhydrous from culture media)	1 mg 50%
Manganese (as manganese chloride from culture media)	2 mg *
Chromium (as chromium chloride from culture media)	100 mcg *
Molybdenum (as sodium molybdate from culture media)	20 mcg *
Postnatal Herbal Blend (from culture media)	265 mg *
Organic Oat, Organic Lemon Balm (leaf), Organic Chamomile (aerial parts), Organic Lavender (flowers), Organic Cardamom (seed)	
Organic Kelp Powder	119.9 mg *
Organic Black Cumin (<i>Nigella sativa</i>) (seed) powder	40 mg *
Organic Turmeric (rhizome) powder (from culture media)	27.2 mg *
Organic Turmeric (rhizome) supercritical extract	8 mg *