

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

Suggested use: Three tablets daily.
Can be taken anytime, even on an
empty stomach. 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 taking medication, or are nursing,
pregnant, or considering pregnancy, you should
consult your healthcare professional prior to using this
product. Discontinue use and contact your healthcare
professional if you experience a side effect or an allergic
reaction. Do not exceed suggested use. **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 prenatal[™] MULTIVITAMIN

**Whole-Food Cultured Multivitamin
with Nutrients for Healthy Pregnancy
and Fetal Development***

Can be taken on an empty stomach



48 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 16

Amount per serving	%DV for adults	%DV for pregnant women	Amount per serving	%DV for adults	%DV for pregnant women
Vitamin A (100% as beta-carotene from culture media)	5000 IU 100%	63%	Magnesium (as magnesium oxide from culture media and Lithothamnion [L. calcareum and L. coralloides])	15 mg 4%	3%
Vitamin C (as ascorbic acid from culture media)	60 mg 100%	100%	Zinc (as zinc oxide from culture media)	7.5 mg 50%	50%
Vitamin D3 (as cholecalciferol from culture media)	1000 IU 250%	250%	Selenium (as selenium dioxide from culture media)	50 mcg 71%	*
Vitamin E (as d-alpha-tocopheryl acetate from culture media)	30 IU 100%	100%	Copper (as copper sulfate anhydrous from culture media)	750 mcg 38%	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%	25%	Chromium (as chromium chloride from culture media)	100 mcg 83%	*
Riboflavin (from culture media)	5 mg 294%	250%	Molybdenum (as sodium molybdate from culture media)	20 mcg 27%	*
Niacin (as niacinamide from culture media)	20 mg 100%	100%	Prenatal Herbal Blend (from culture media)	249.8 mg *	*
Vitamin B6 (as pyridoxine hydrochloride from culture media)	5 mg 250%	200%	Organic Brown Rice, Organic Oats, Organic Prune (fruit), Organic Blueberry (fruit), Organic Blackberry (fruit), Organic Flame Raisin (fruit), Organic Raspberry (fruit), Organic Dandelion (leaf), Organic Rose Hip (fruit), Organic Lavender (flower), Organic Lemon Balm (leaf), Organic Peppermint (leaf), Organic Clove (bud)		
Folate (as folic acid from culture media)	600 mcg 150%	75%	Cruciferous Sprouts Blend (sprouted seeds)	100 mg *	*
Vitamin B12 (as cyanocobalamin from culture media)	30 mcg 500%	375%	Organic Broccoli, Organic Cauliflower, Organic Kale, Organic Daikon Radish, Organic Cabbage, Organic Mustard		
Biotin (from culture media)	300 mcg 100%	100%			
Pantothenic Acid (as calcium D-pantothenate from culture media)	10 mg 100%	100%			
Calcium (from algae Lithothamnion [L. calcareum and L. coralloides])	75 mg 7.5%	6%			
Iron (as ferrous fumarate from culture media)	18 mg 100%	100%			
Iodine (as potassium iodide from culture media)	150 mcg 100%	100%			

* Daily Value (DV) not established

Other Ingredients: Culture media (organic soy flour, organic gum acacia, organic *Saccharomyces cerevisiae*, organic maltodextrin, organic orange peel powder, organic molasses, organic carrot powder, organic alfalfa powder, papain [deactivated], bromelain [deactivated], lactic acid bacteria [*L. acidophilus*, *B. bifidum* and *L. rhamnosus*], Prenatal probiotic combination [*L. casei*, *L. plantarum*, *L. salivarius*, *L. acidophilus*, *L. rhamnosus*, *S. thermophilus*, *B. bifidum*, *B. infantis*, *B. longum* and *B. breve*] and organic safflower oil), organic gum acacia, silicon dioxide, magnesium stearate, 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