

**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.

Get the *Whole Truth!* Sign up for our
e-newsletter at newchapter.com/newsletter

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.

***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.

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with
NUTRIENTS
that
SOOTHE*

perfect calm™ MULTIVITAMIN

**Whole-Food Cultured Multivitamin
with Nutrients for Soothing
Stress Support***

Can be taken on an empty stomach



72 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 24

Amount per serving	%DV	Amount per serving	%DV
Vitamin A (100% as beta-carotene from culture media)	5000 IU 100%	Manganese (as manganese chloride from culture media)	2 mg 100%
Vitamin C (as ascorbic acid from culture media)	75 mg 125%	Chromium (as chromium chloride from culture media)	100 mcg 83%
Vitamin D3 (as cholecalciferol from culture media)	1000 IU 250%	Molybdenum (as sodium molybdate from culture media)	10 mcg 13%
Vitamin E (as d-alpha-tocopheryl acetate from culture media)	30 IU 100%		
Vitamin K (as phyloquinone [K1] from culture media and as menaquinone-7 [K2] from natto)	80 mcg 100%	Comprehensive Stress Support Blend	242 mg *
Thiamin (as thiamine hydrochloride from culture media)	15 mg 1000%	Holy Basil (leaf) hydroethanolic extract, Chamomile (flower) hydroethanolic and supercritical extracts, Lemon Balm (leaf) hydroethanolic and supercritical extracts	
Riboflavin (from culture media)	10 mg 588%		
Niacin (as niacinamide from culture media)	45 mg 225%	Immune Support Blend (from culture media)	56.2 mg *
Vitamin B6 (as pyridoxine hydrochloride from culture media)	20 mg 1000%	European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	
Folate (as folic acid from culture media)	400 mcg 100%		
Vitamin B12 (as cyanocobalamin from culture media)	60 mcg 1000%	Digestive Support Blend (from culture media)	56.2 mg *
Biotin (from culture media)	300 mcg 100%	Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	
Pantothenic Acid (as calcium D-pantothenate from culture media)	45 mg 450%	Organic Turmeric (rhizome) powder (from culture media)	13.6 mg *
Iodine (as potassium iodide from culture media)	90 mcg 60%	Ginger (rhizome) hydroethanolic extract	8 mg *
Zinc (as zinc oxide from culture media)	7.5 mg 50%	Organic Turmeric (rhizome) supercritical extract	4 mg *
Selenium (as selenium dioxide from culture media)	100 mcg 143%	Organic Ginger (rhizome) supercritical extract	2 mg *
Copper (as copper sulfate anhydrous from culture media)	750 mcg 37%		
* 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 carrot powder, organic alfalfa powder, lactic acid bacteria [*L. acidophilus*, *B. bifidum*, *L. rhamnosus*], papain [deactivated], bromelain [deactivated], organic molasses and organic safflower oil), organic gum acacia, maltodextrin, olive oil, silicon dioxide, *Lithothamnion* (*L. calcareum* and *L. corallinoides*), lac resin, carnauba wax, magnesium oxide and magnesium carbonate.

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

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