

health

Taken before conception, Perfect Prenatal™ provides key nutrients, such as whole-food cultured Folate that helps support healthy birth weight and development of baby's brain and spinal cord.*

Formulated specifically to nourish mother and baby, whole-food cultured nutrients support a healthy pregnancy, complemented by our targeted prenatal blend of organic cultured herbs.*

For support before, during and after pregnancy, Perfect Prenatal provides whole-food cultured B Vitamins that help your body naturally produce energy.*

Whole-food cultured Iron helps transport oxygen to your growing baby during pregnancy.* A mother's need for iron increases significantly during pregnancy—and Perfect Prenatal provides 100% Daily Value.*

Once-per-meal formula with organic ingredients can be taken anytime—even on an empty stomach!

NEW CHAPTER®

MADE WITH ORGANIC VEGETABLES AND HERBS



GIVE A HEALTHY GIFT for MOTHER and BABY

perfect prenatal MULTIVITAMIN

Full 90-Day Trimester Size

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

Can be taken on an empty stomach

270 Tablets

A FULL TRIMESTER DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 90

| Amount per serving | | %DV for adults | %DV for pregnant women |
|--|---------|----------------|------------------------|
| Vitamin A (100% as beta-carotene from culture media) | 5000 IU | 100% | 63% |
| Vitamin C (as ascorbic acid from culture media) | 60 mg | 100% | 100% |
| Vitamin D3 (as cholecalciferol from culture media) | 1000 IU | 250% | 250% |
| Vitamin E (as d-alpha-tocopheryl acetate from culture media) | 30 IU | 100% | 100% |
| Vitamin K (as phyloquinone [K1] from culture media and as menaquinone-7 [K2] from natto) | 80 mcg | 100% | * |
| Thiamin (as thiamine hydrochloride from culture media) | 4 mg | 267% | 255% |
| Riboflavin (from culture media) | 5 mg | 294% | 250% |
| Niacin (as niacinamide from culture media) | 20 mg | 100% | 100% |
| Vitamin B6 (as pyridoxine hydrochloride from culture media) | 5 mg | 250% | 200% |
| Folate (as folic acid from culture media) | 600 mcg | 150% | 75% |
| Vitamin B12 (as cyanocobalamin from culture media) | 30 mcg | 500% | 375% |
| Biotin (from culture media) | 300 mcg | 100% | 100% |
| Pantothenic Acid (as calcium D-pantothenate from culture media) | 10 mg | 100% | 100% |
| Calcium (from algae <i>Lithothamnion</i> [<i>L. calcareum</i> and <i>L. corallioides</i>]) | 75 mg | 7.5% | 6% |
| Iron (as ferrous fumarate from culture media) | 18 mg | 100% | 100% |
| Iodine (as potassium iodide from culture media) | 90 mcg | 60% | 60% |
| Magnesium (as magnesium oxide from culture media and <i>Lithothamnion</i> [<i>L. calcareum</i> and <i>L. corallioides</i>]) | 15 mg | 4% | 3% |
| Zinc (as zinc oxide from culture media) | 7.5 mg | 50% | 50% |
| Selenium (as selenium dioxide from culture media) | 50 mcg | 71% | * |
| Copper (as copper sulfate anhydrous from culture media) | 750 mcg | 38% | 38% |
| Manganese (as manganese chloride from culture media) | 2 mg | 100% | * |
| Chromium (as chromium chloride from culture media) | 100 mcg | 83% | * |
| Molybdenum (as sodium molybdate from culture media) | 20 mcg | 27% | * |
| Prenatal Herbal Blend (from culture media) | 300 mg | * | * |
| Organic Brown Rice, Organic Oats, Organic Blueberries (fruit), Organic Prunes (fruit), Organic Blackberries (fruit), Organic Flame Raisins (fruit), Organic Raspberries (fruit), Organic Dandelion (leaf), Organic Rose Hips (fruit), Organic Lavender (flower), Organic Lemon Balm (leaf), Organic Peppermint (leaf), Organic Cloves (bud), <i>L. casei</i> , <i>L. plantarum</i> , <i>L. salivarius</i> , <i>L. acidophilus</i> , <i>L. rhamnosus</i> , <i>S. thermophilus</i> , <i>B. bifidum</i> , <i>B. infantis</i> , <i>B. longum</i> and <i>B. breve</i> | | | |
| Cruciferous Sprouts Blend (sprouted seeds) | 100 mg | * | * |
| Organic Broccoli, Organic Cauliflower, Organic Kale, Organic Daikon Radish, Organic Cabbage, Organic Mustard | | | |

* Daily Value (DV) not established

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

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.

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For questions or comments call 888-874-4461

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

holistic

New Chapter® Whole-Food Probiotic-Cultured Multis: More Than Food Supplements, They're Supplemental Food!™

PROBIOTIC-CULTURED
Fermented with Beneficial Live Probiotics

NON-GMO
PROJECT VERIFIED
Made with Organic Vegetables and Herbs

WHOLE-FOOD COMPLEXED
Can Be Taken on an Empty Stomach

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

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



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.
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.

*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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