

# health

**Stress Support**

Perfect Calm™ is an ideal whole-food cultured multi for men and women that delivers nutrients to support calm & overall well-being.\*

**Soothing Vitamins & Minerals**

Emerging studies suggest that taking a daily multivitamin can support a healthy mood and help with occasional stress and fatigue.\* Perfect Calm also delivers complementary Holy Basil, Lemon Balm and Chamomile.

**Adrenal Support**

Whole-food cultured Vitamin C helps to maintain the structure of the adrenal glands that are vital for a healthy stress response.\*

**Immune & Digestive Health**

Since immune and digestive functions can be affected by daily stress, Perfect Calm delivers Zinc<sup>+</sup> and Vitamins C & A to support immune system function, and helps digestion with Vitamins C and D3 that aid in absorption of key nutrients.\*

**Complete Multi**

Perfect Calm is a complete multivitamin with 21 whole-food cultured vitamins and minerals formulated to promote health, not just address nutrient deficiencies.\*  
**GLUTEN FREE**

\* Not a sole source of this nutrient; a healthy diet is also important.



# NEWCHAPTER®

MADE WITH ORGANIC VEGETABLES AND HERBS



with NUTRIENTS that SOOTHE™

## perfect calm™ MULTIVITAMIN

Whole-Food Cultured Multivitamin  
with Nutrients for Soothing  
Stress Support\*<sup>5</sup>

Can be taken on an empty stomach



72 Tablets

DIETARY SUPPLEMENT

## Supplement Facts

Serving size 3 Tablets  
Servings per container 24

Amount per serving		%DV
Vitamin A (100% as beta-carotene from culture media)	5000 IU	100%
Vitamin C (as ascorbic acid from culture media)	75 mg	125%
Vitamin D3 (as cholecalciferol from culture media)	1000 IU	250%
Vitamin E (as $\alpha$ -d- $\alpha$ -tocopheryl acetate from culture media)	30 IU	100%
Vitamin K (as phyloquinone [K1] from culture media and menaquinone-7 [K2] from natto)	80 mcg	100%
Thiamin (as thiamine hydrochloride from culture media)	15 mg	1000%
Riboflavin (from culture media)	10 mg	588%
Niacin (as niacinamide from culture media)	45 mg	225%
Vitamin B6 (as pyridoxine hydrochloride from culture media)	20 mg	1000%
Folate (as folic acid from culture media)	400 mcg	100%
Vitamin B12 (as cyanocobalamin from culture media)	60 mcg	1000%
Biotin (from culture media)	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate from culture media)	45 mg	450%
Iodine (as potassium iodide from culture media)	90 mcg	60%
Zinc (as zinc oxide from culture media)	7.5 mg	50%
Selenium (as selenium dioxide from culture media)	100 mcg	143%
Copper (as copper sulfate anhydrous from culture media)	750 mcg	37%
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)	10 mcg	13%

<b>Comprehensive Stress Support Blend</b>	242 mg	*
Holy Basil (leaf) hydroethanolic and supercritical extracts, Chamomile (flower) hydroethanolic and supercritical extracts, Lemon Balm (leaf) hydroethanolic and supercritical extracts		
<b>Immune Support Blend</b> (from culture media)	75 mg	*
European Elder (berry) Extract, Organic Eleuthero (root), Organic Astragalus (root)		
<b>Digestive Support Blend</b> (from culture media)	75 mg	*
Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (seed), Organic Artichoke (leaf)		
<b>Organic Turmeric</b> (rhizome) powder (from culture media)	16 mg	*
<b>Ginger</b> (rhizome) hydroethanolic extract	8 mg	*
<b>Organic Turmeric</b> (rhizome) supercritical extract	4 mg	*
<b>Organic Ginger</b> (rhizome) supercritical extract	2 mg	*

**Other ingredients:** Culture media (organic soy flour, organic gum acacia, *Saccharomyces cerevisiae* [active and inactive], 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, silicon dioxide, *Lithothamnion* (*L. calcareum* and *L. coralloides*), maltodextrin, lac resin, carnauba wax and magnesium oxide.

**Contains:** Fermented soy and fermented wheat (as food source for *Saccharomyces cerevisiae*).<sup>†</sup>

<sup>†</sup> 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

# 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.

**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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