

# health

**Nutrients for Breast Milk**

Perfect Postnatal™ multivitamin is formulated with vitamins and minerals recommended specifically for breastfeeding women, including whole-food cultured Iron, Vitamin B6, Iodine and Vitamin D3.\*

**Body Nourishing**

To help address your body's needs after giving birth, Perfect Postnatal delivers whole-food cultured Iron†—required for red blood cell production—as well as Folate.\*

**Energy & Mood Support**

Whole-food cultured B Vitamins work naturally with your body to support energy needs during early motherhood and breastfeeding, while emerging studies suggest that taking a daily multivitamin can support a healthy mood and help with occasional stress and fatigue.\*

**Postnatal Herbal Blend**

Perfect Postnatal features a complementary blend of botanicals traditionally used by breastfeeding women, including organic Oat, organic Turmeric and organic Chamomile.

**Gentle & Convenient**

This multivitamin with organic ingredients helps busy moms get consistent nutritional support and can be taken anytime—even on an empty stomach!

**GLUTEN FREE**

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

# NEWCHAPTER®

MADE WITH ORGANIC VEGETABLES AND HERBS



## perfect postnatal MULTIVITAMIN

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

**Can be taken on an empty stomach**

192 Tablets

DIETARY SUPPLEMENT

## Supplement Facts

Serving size 3 Tablets  
Servings per container 64

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. corallioides</i> ])	75 mg	6%
Iron (as ferrous fumarate from culture media)	9 mg	50%
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. corallioides</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	*

\* 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.  
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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. Do not exceed suggested dose. Not recommended for use in children.**

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



**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.

**\*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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