

# health

Whole-Food Cultured

Organic whole-food cultured vitamins and minerals go beyond just addressing nutrient deficiencies to promote overall health and system-specific benefits.\*

Miniature Tablets

Tiny Tabs™ are a whole-food cultured multivitamin formulated specifically for those who have difficulty swallowing tablets.

Complete Multi

Delivers 22 whole-food cultured vitamins and minerals that provide broad nutritional support and promote vitality.\*

Herb & Spice Free

Formulated without herbs and spices for those seeking a non-herbal whole-food cultured multivitamin option.

Easy to Swallow

Tiny Tabs are small, easy to swallow, and can be taken anytime—even on an empty stomach!

GLUTEN FREE

# NEWCHAPTER®

MADE WITH ORGANIC VEGETABLES



## tiny tabs™ MULTIVITAMIN

Whole-Food Cultured Multivitamin  
That's **Easy to Swallow**

Can be taken on an empty stomach



192 Tablets

DIETARY SUPPLEMENT

## Supplement Facts

Serving size 6 Tablets  
Servings per container 32

Amount per serving		%DV
Vitamin A (100% as beta-carotene from culture media)	5000 IU	100%
Vitamin C (as ascorbic acid from culture media)	30 mg	50%
Vitamin D3 (as cholecalciferol from culture media)	1000 IU	250%
Vitamin E (as d-alpha-tocopheryl acetate from culture media)	15 IU	50%
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)	3 mg	200%
Riboflavin (from culture media)	3 mg	176%
Niacin (as niacinamide from culture media)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride from culture media)	3 mg	150%
Folate (as folic acid from culture media)	200 mcg	50%
Vitamin B12 (as cyanocobalamin from culture media)	15 mcg	250%
Biotin (from culture media)	150 mcg	50%
Pantothenic Acid (as calcium D-pantothenate from culture media)	10 mg	100%
Iron (as ferrous fumarate from culture media)	3 mg	17%
Iodine (as potassium iodide from culture media)	45 mcg	30%
Zinc (as zinc oxide from culture media)	3 mg	20%
Selenium (as selenium dioxide from culture media)	15 mcg	21%
Copper (as copper sulfate anhydrous from culture media)	300 mcg	15%
Manganese (as manganese chloride from culture media)	1 mg	50%
Chromium (as chromium chloride from culture media)	60 mcg	50%
Molybdenum (as sodium molybdate from culture media)	50 mcg	67%

\* 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 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, *Lithothamnion* (*L. calcareum* and *L. coralloides*), silicon dioxide, magnesium oxide, lac resin and carnauba wax.

**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

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

# 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

**WHOLE-FOOD COMPLEXED**  
Can Be Taken on an Empty Stomach

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



**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.

© 2015 New Chapter, Inc.