

SOOTHING STRESS SUPPORT*

Stress Support

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

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.*

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

Immune & Digestive Health

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*^U

Can be taken on an empty stomach

144 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 48

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 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%
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%

Comprehensive Stress Support Blend	242 mg •
Holy Basil (leaf) hydroethanolic extract, Chamomile (flower) hydroethanolic and supercritical extracts, Lemon Balm (leaf) hydroethanolic and supercritical extracts	
Immune Support Blend (from culture media)	56.2 mg •
European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	

Supplement Facts continued

Amount per serving	%DV
Digestive Support Blend (from culture media)	56.2 mg •
Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	
Organic Turmeric (rhizome) powder (from culture media)	13.6 mg •
Ginger (rhizome) hydroethanolic extract	8 mg •
Organic Turmeric (rhizome) supercritical extract	4 mg •
Organic Ginger (rhizome) supercritical extract	2 mg •

• 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. corallioides*), 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.

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For questions or comments call 888-874-4461

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

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.

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.

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