

ENERGY-SUPPORTING NUTRIENTS*

Vitamins & Minerals

Perfect Energy is an ideal whole-food cultured multi formulated with nutrients to help maintain your healthy energy balance, since even marginal nutrition depletion can affect energy levels.*

Daily Energy

Eight whole-food cultured B Vitamins convert proteins, fat and carbohydrates into energy, and support mitochondria, the cellular powerhouses, in providing energy for daily activities or workouts.*

Bone Health

Cultured Vitamin D3 supports bone health, and whole-food sourced Vitamin K2¹ supports healthy Calcium metabolism.*

Herbal Blends

Select blends of complementary herbs long used traditionally include organic Maca, organic Green Tea and organic American Ginseng.

Complete Multi

Perfect Energy is a complete multivitamin with 22 whole-food cultured vitamins and minerals formulated to promote health and vitality.*

GLUTEN FREE

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

NEWCHAPTER®

MADE WITH ORGANIC VEGETABLES AND HERBS



ENERGY-SUPPORTING NUTRIENTS*

perfect energy MULTIVITAMIN

Whole-Food Cultured Multivitamin with Nutrients for Balanced Energy**

Can be taken on an empty stomach



36 Vegetarian Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 Tablets
Servings per container 12

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 phytylquinone [K1] from culture media and as menaquinone-7 [K2] from natto)	80 mcg 100%
Thiamin (as thiamine hydrochloride from culture media)	9 mg 600%
Riboflavin (from culture media)	10 mg 588%
Niacin (as niacinamide from culture media)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride from culture media)	10 mg 500%
Folate (as folic acid from culture media)	400 mcg 100%
Vitamin B12 (as cyanocobalamin from culture media)	30 mcg 500%
Biotin (from culture media)	300 mcg 100%
Pantothenic Acid (as calcium D-pantothenate from culture media)	20 mg 200%
Calcium (from algae <i>Lithothamnion</i> [<i>L. calcareum</i> and <i>L. corallioides</i>])	20 mg 2%
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)	120 mcg 100%
Molybdenum (as sodium molybdate from culture media)	10 mcg 13%
Dynamic Energy Blend	311.6 mg
Organic Maca (root) aqueous extract, Organic Schizandra (berry) from culture media, Organic Green Tea (leaf) aqueous extract, Organic Turmeric (rhizome) powder from culture media, Organic American Ginseng (root) from culture media, Rhodiola (root) hydroethanolic extract, Organic Cardamom (seed) from culture media and Organic Turmeric (rhizome) supercritical extract	
Grape (seed) aqueous extract	300 mg
Ginger (rhizome) hydroethanolic extract	8 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, organic molasses, papain [deactivated], bromelain [deactivated], lactic acid bacteria [*L. acidophilus*, *B. bifidum*, *L. rhamnosus*] and organic safflower oil), organic maltodextrin, organic gum acacia, silicon dioxide, maltodextrin, 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.

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

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.
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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