

# health

Cultured Whole Food

Delivers essential nutrients in a safe and active form within the infinite complexity of food.

Blood Health Support

Whole-food cultured Iron is combined with five blood-bonding vitamins and minerals to support healthy hemoglobin and myoglobin levels.\*

Menstruation Support

Dual-cultured Iron in a convenient, easy to digest, **non-constipating** form is useful during periods of blood loss including menstruation.\*

Probiotic-Cultured Nutrients

Probiotic-cultured nutrients provide a broad spectrum of phytonutrients and ferment metabolites, including isoflavones and beta-glucans.

Convenient

Once-daily formula is easy to take and can be taken anytime—even on an empty stomach!

GLUTEN FREE

# NEWCHAPTER®

MADE WITH ORGANIC VEGETABLES AND HERBS



PROBIOTIC-CULTURED NUTRIENTS

## IRON FOOD COMPLEX

Whole-Food Cultured Iron and Supporting Nutrients for Blood Health\*

Can be taken on an empty stomach



60 Tablets

DIETARY SUPPLEMENT

## Supplement Facts

Serving size 1 Tablet

Amount per serving		%DV
Vitamin C (as ascorbic acid from culture media)	30 mg	50%
Vitamin E (as d-alpha-tocopheryl acetate from culture media)	15 IU	50%
Folate (as folic acid from culture media)	800 mcg	200%
Vitamin B12 (as cyanocobalamin from culture media)	30 mcg	500%
Iron (as ferrous fumarate from culture media)	9 mg	50%
Zinc (as zinc oxide from culture media)	5 mg	33%

Stress and Energy Support Blend (from culture media) 93.75 mg •  
Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)

Digestive Support Blend (from culture media) 75 mg •  
Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (seed), Organic Artichoke (leaf)

Ginger (rhizome) hydroethanolic extract 1.6 mg •

Organic Turmeric (rhizome) powder (from culture media) 1.36 mg •

Organic Ginger (rhizome) supercritical extract 0.4 mg •

Organic Turmeric (rhizome) supercritical extract 0.4 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 alfalfa powder, lactic acid bacteria [*L. acidophilus*, *B. bifidum*, *L. rhamnosus*], papain [deactivated], bromelain [deactivated] and organic molasses), organic gum acacia, silicon dioxide, magnesium oxide, lac resin, carnauba wax and maltodextrin.

**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

**Suggested use: One tablet daily.**

Can be taken anytime, even on an empty stomach.

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 and Herbs

**WHOLE-FOOD COMPLEXED**  
Can Be Taken 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.