

Seek the Truth about New Chapter

More than food supplements...
supplemental food[®]

Is your multivitamin just synthetic, chemically processed vitamins and minerals that lack the whole-food benefits found in nature? Or does it deliver much more? New Chapter[®] takes vitamins and minerals another step, delivering *whole-food cultured* multivitamins.

Cultured foods are highly valued for their unique compounds, so New Chapter brings the tradition of beneficial fermentation to all of our multivitamins. The result? Transformed, whole-food cultured multivitamins, that are more than food supplements... they're *supplemental food*.

In fact, New Chapter [multivitamins](#) are gentle enough to take anytime, even on an empty stomach.

Honoring and sustaining Mother Earth is vital!

Since our inception in 1982, New Chapter has been working toward an organic, [sustainable world](#). That's why many New Chapter vitamin and mineral supplements are third-party certified to be made with organic vegetables and herbs. We believe that organic nutrition is better for people and better for the planet. New Chapter has also long been committed to avoiding Genetically Modified Organisms (GMOs) when possible. New Chapter was the very first vitamin and supplement company to be Non-GMO Project verified.

What makes New Chapter different?

New Chapter believes the most appropriate way to deliver nutrients for your body to use is through the infinite complexity of whole food. That's why we take a whole-food approach to *every* formulation, whether it's whole fish oil, whole-food plant-sourced calcium, whole herb extract, and our whole-food cultured multivitamins.

