

## WE WANT YOU TO KNOW

That every nutrient that goes into our gummies is carefully chosen based on extensive research. And just as much care goes into making them delicious.

↘ **SUPERSTAR  
INGREDIENTS** ↙

LUTEIN

ZEAXANTHIN

BIOTIN

VITAMIN K AS K2 (MK7)

VITAMIN D AS D3

OMEGA 3 FISH OIL  
FROM SMALL FISH

B12 AS METHYLCOBALAMIN

FOLATE AS METHYLFOLATE

**3 DELICIOUS FLAVORS**  
**LEMON LIME, MIXED BERRY,**  
**and SOUR APPLE**

# SMARTY PANTS®

NON  
GMO

## TEEN <sup>Girl</sup> COMPLETE



MULTIFUNCTION

MULTI and OMEGA 3s  
lutein/zeaxanthin for EYE HEALTH\*  
vitamin D3 for IMMUNITY\*  
vitamin K2 for BONES\*  
vitamin B12 for ENERGY\*

90 GUMMIES

DIETARY  
SUPPLEMENT

**Directions:** For teenage girls, take four (4) gummies daily. May be taken with or without food.

## Supplement Facts

Serving Size 4 Gummies

Servings Per Container About 22

| Amount Per 4 Gummy Serving                                  |                        | % Daily Value |
|-------------------------------------------------------------|------------------------|---------------|
| Calories                                                    | 35                     |               |
| Total Carbohydrate                                          | 8 g                    | 3%†           |
| Sugars                                                      | 5 g                    | —             |
| Includes 5 g Added Sugars                                   |                        | 11%†          |
| Vitamin A (as 50% beta-carotene, 50% retinyl palmitate USP) | 450 mcg                | 90%           |
| Vitamin C (as ascorbic acid USP)                            | 90 mg                  | 100%          |
| Vitamin D (as cholecalciferol USP)                          | 20 mcg (800 IU)        | 100%          |
| Vitamin E (as d-alpha-tocopherol from sunflower oil)        | 15 mg                  | 100%          |
| Vitamin K (Vitamin K-2 as menaquinone-7)                    | 25 mcg                 | 20%           |
| Thiamin (as thiamine mononitrate USP)                       | 0.12 mg                | 10%           |
| Riboflavin USP                                              | 0.13 mg                | 10%           |
| Niacin (Vitamin B-3 as inositol niacin)                     | 16 mg                  | 100%          |
| Vitamin B-6 (as pyridoxine hydrochloride USP)               | 3.4 mg                 | 200%          |
| Folate (as L-methylfolate, calcium salt)                    | 300 mcg DFE            | 75%           |
|                                                             | 180 mcg L-methylfolate |               |
| Vitamin B-12 (as methylcobalamin)                           | 4.8 mcg                | 200%          |
| Biotin USP                                                  | 60 mcg                 | 200%          |
| Pantothenic acid (as calcium D-pantothenate USP)            | 5 mg                   | 100%          |
| Choline (as choline bitartrate USP)                         | 22 mg                  | 4%            |
| Iodine (as potassium iodide USP)                            | 150 mcg                | 100%          |
| Zinc (as zinc citrate USP)                                  | 7.3 mg                 | 67%           |
| Selenium (as sodium selenite)                               | 27.5 mcg               | 50%           |
| Manganese (as manganese amino acid chelate)                 | 1.15 mg                | 50%           |
| Chromium (as chromium picolinate)                           | 17.5 mcg               | 50%           |
| Molybdenum (as molybdenum amino acid complex)               | 22.5 mcg               | 50%           |
| Sodium                                                      | 15 mg                  | < 1%          |
| Fish Oil                                                    | 300 mg                 | —             |
| Total Omega-3 Fatty Acids                                   | 111 mg                 | —             |
| EPA (Eicosapentaenoic Acid)                                 | 33 mg                  | —             |
| DHA (Docosahexaenoic Acid)                                  | 22 mg                  | —             |
| Lutein (from marigold)                                      | 6 mg                   | —             |
| Zeaxanthin (from marigold)                                  | 1 mg                   | —             |
| Inositol (as inositol niacin)                               | 4 mg                   | —             |

† Percent Daily Value based on a 2,000 calorie diet.

— Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Citric Acid, Gelatin, Natural Flavors, Colored with Organic Black Carrot Juice Concentrate.

Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only

## FREE OF

GMOs, synthetic colors, artificial flavors and preservatives, yeast, wheat, milk, eggs, soy, gluten, peanuts, tree nut allergens, fish allergens, shellfish, and salicylates. YAY!

## EVERY BATCH 3RD PARTY LAB TESTED

**WARNING** Keep out of reach of children. Consult your health care provider before use if you have a medical condition, are on any medications, are planning a medical procedure, or are pregnant or nursing. Do not use if inner safety seal is broken. Do not exceed recommended dosage.

Do not freeze, product may darken over time.

Manufactured in California from domestic and imported ingredients.

Distributed by SmartyPants, Inc., Marina del Rey, CA 90292 USA.

For Customer Support: 1-888-751-2291 [Hot@SmartyPantsCorp.com](mailto:Hot@SmartyPantsCorp.com)



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vitamin angels  
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\*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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