## 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

OMEGA 3 FISH OIL FROM SMALL FISH

VITAMIN D AS D3

FOLATE AS METHYLFOLATE

B12 AS METHYLCOBALAMIN

IODINE

VITAMIN E FROM SUNFLOWER OIL

3 DELICIOUS FLAVORS
LEMON, STRAWBERRY BANANA, and ORANGE

# SMARTY PANTS®

NON GMO

## ADULT COMPLETE

MULTIFUNCTION

MULTI and OMEGA 3s

vitamin D3 for BONES*

vitamin B12 for ENERGY*

iodine for THYROID SUPPORT*

vitamin E for ANTIOXIDANTS*

**180** GUMMIES

DIETARY SUPPLEMENT

**Directions:** For adults, take six (6) gummies daily. May be taken with or without food.

## Supplement Facts

Serving Size 6 Gummies
Servings Per Container 30

| Amount Per 6 Gummy Serving | | % Daily Value |
|---|---|---|
| Calories | 50 | |
| Cholesterol | < 5 mg | < 1% |
| Total Carbohydrate | 11 g | 4%† |
| Sugars | 8 g | ** |
| Vitamin A (as retinyl palmitate USP) | 1500 IU | 30% |
| Vitamin C (as ascorbic acid USP) | 60 mg | 100% |
| Vitamin D (as cholecalciferol USP) | 900 IU | 225% |
| Vitamin E (as d-alpha-tocopherol from sunflower oil) | 30 IU | 100% |
| Thiamin (as thiamine mononitrate USP) | 0.08 mg | 5% |
| Riboflavin USP | 0.26 mg | 15% |
| Vitamin B-6 (as pyridoxine hydrochloride USP) | 2 mg | 100% |
| Folate (as L-methylfolate, calcium salt) | 300 mcg | 75% |
| Vitamin B-12 (as methylcobalamin) | 100 mcg | 1667% |
| Biotin USP | 45 mcg | 15% |
| Pantothenic acid (as calcium D-pantothenate USP) | 1.05 mg | 11% |
| Iodine (as potassium iodide USP) | 150 mcg | 100% |
| Zinc (as zinc citrate USP) | 4.5 mg | 30% |
| Sodium | 25 mg | 1% |
| Fish Oil | 510 mg | ** |
| Total Omega-3 Fatty Acids | 150 mg | |
| EPA (Eicosapentaenoic Acid) | 84 mg | |
| DHA (Docosahexaenoic Acid) | 66 mg | |
| Choline (as choline citrate) | 18 mg | ** |
| Inositol FCC | 30 mg | ** |

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

** Daily Value not established.

**Other Ingredients:** Organic Cane Sugar, Organic Tapioca Syrup, Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Annatto, Organic Turmeric, 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.

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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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