

## 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

PREBIOTIC FIBER

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 and FIBER



MULTIFUNCTION

MULTI and OMEGA 3s  
fiber for DIGESTION\*  
vitamin D3 for BONES\*  
vitamin B12 for ENERGY\*  
vitamin E for ANTIOXIDANT\*

180 GUMMIES

DIETARY  
SUPPLEMENT

**Directions:** For adults, take three (3) gummies daily for the first week, six (6) gummies daily thereafter. 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                                             | 40            |
| Cholesterol                                          | < 5 mg < 1%   |
| Total Carbohydrate                                   | 11 g 4%†      |
| Dietary Fiber                                        | 6 g 23%†      |
| Soluble Fiber                                        | 6 g **        |
| Sugars                                               | 3 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 16%   |
| Vitamin B-6 (as pyridoxine hydrochloride USP)        | 2 mg 100%     |
| Folate (as L-methylfolate, calcium salt)             | 400 mcg 100%  |
| 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                            | 185 mg **     |
| EPA (Eicosapentaenoic Acid)                          | 84 mg **      |
| DHA (Docosahexaenoic Acid)                           | 66 mg **      |
| Choline (as choline citrate)                         | 18 mg **      |
| Inositol FCC                                         | 30 mcg **     |

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

\*\* Daily Value not established.

**Other Ingredients:** Inulin (Chicory Root Fiber), Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Annatto, Organic Turmeric, Organic Black Carrot Juice Concentrate), Medium Chain Triglycerides from Coconut Oil, Carrauba Wax, Lo Han Fruit Extract.  
**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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www.igenprogram.com www.ifosprogram.com



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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.

