

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

FOLATE AS METHYLFOLATE

VITAMIN D AS D3

B12 AS METHYLCOBALAMIN

IODINE

VITAMIN K AS K2 (MK7)

VITAMIN E
FROM SUNFLOWER OIL

3 DELICIOUS FLAVORS
LEMON, ORANGE,
and STRAWBERRY BANANA

DOES NOT CONTAIN IRON

SMARTY PANTS®

NON
GMO

PRENATAL COMPLETE



MULTIFUNCTION

MULTI and OMEGA 3s
folate for FETAL DEVELOPMENT*
vitamin D3 for IMMUNITY*
vitamin B12 for ENERGY*
vitamin K2 for BONES*

180 GUMMIES

DIETARY
SUPPLEMENT

Directions: For pregnant or lactating women, take six (6) gummies daily.
May be taken with or without food.

Supplement Facts

Serving Size 6 Gummies
Servings Per Container 30

		% Daily Value Pregnant & Lact Women
Amount Per 6 Gummy Serving		
Calories	50	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	11 g	4%†
Sugars	7 g	**
Vitamin A (as retinyl palmitate USP)	3000 IU	38%
Vitamin C (as ascorbic acid USP)	60 mg	100%
Vitamin D (D-3 as cholecalciferol USP)	1000 IU	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	30 IU	100%
Vitamin K (as menaquinone-7)	16 mcg	**
Thiamin (as thiamine mononitrate USP)	0.08 mg	4%
Riboflavin USP	0.17 mg	9%
Niacin (as niacinamide USP)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride USP)	2.5 mg	100%
Folate (as L-methylfolate, calcium salt)	800 mcg	100%
Vitamin B-12 (as methylcobalamin)	10 mcg	125%
Biotin USP	30 mcg	10%
Pantothenic acid (as calcium D-pantothenate USP)	7 mg	70%
Iron	0 mg	0%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	6.5 mg	43%
Sodium	25 mg	**
Fish Oil	455 mg	**
Total Omega-3 Fatty Acids	132 mg	**
EPA (Eicosapentaenoic Acid)	66 mg	**
DHA (Docosahexaenoic Acid)	48 mg	**
Choline (as choline citrate)	12 mg	**

† Percent Daily Value (DV) 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), Medium Chain Triglycerides from Coconut Oil, Carnauba Wax.

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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MEG-3™ MEG-3™ is a trademark of DSM

*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.

