

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

CoQ10

VITAMIN K AS K2 (MK7)

BIOTIN

IODINE

3 DELICIOUS FLAVORS
LEMON CRÈME,
BLUEBERRY, and ORANGE

SMARTY PANTS®

NON
GMO

WOMEN'S COMPLETE



MULTIFUNCTION

MULTI and OMEGA 3s
vitamin D3 for IMMUNITY*
vitamin B12 for ENERGY*
CoQ10 for HEART HEALTH*
vitamin K2 for BONES*

180 GUMMIES

DIETARY
SUPPLEMENT

Directions: For adult women, 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	7 g	**
Vitamin A (as retinyl palmitate USP)	1500 IU	30%
Vitamin C (as ascorbic acid USP)	60 mg	100%
Vitamin D (as cholecalciferol USP)	1000 IU	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	30 IU	100%
Vitamin K (as menaquinone-7)	32 mcg	40%
Thiamin (as thiamine mononitrate USP)	0.08 mg	5%
Riboflavin USP	0.26 mg	15%
Niacin (as niacinamide USP)	4 mg	20%
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	300 mcg	100%
Pantothenic acid (as calcium D-pantothenate USP)	7 mg	70%
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	138 mg	**
EPA (Eicosapentaenoic Acid)	72 mg	**
DHA (Docosahexaenoic Acid)	54 mg	**
CoQ10 (as Coenzyme Q10, ubiquinone USP)	100 mg	**
Choline (as choline citrate)	18 mg	**
Inositol USP	30 mcg	**

† 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 (Amatto, 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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*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.

