

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.



OMEGA 3 FISH OIL
FROM SMALL FISH
B12 AS METHYLCOBALAMIN
FOLATE AS METHYLFOLATE
BIOTIN
BETA CAROTENE
LUTEIN / ZEAXANTHIN
AS LUTEMAX® 2020
VITAMIN B6 AS P5P
CHOLINE AS
VITACHOLINE®
VITAMINS K1 & K2 AS MK7

3 DELICIOUS FLAVORS
LEMON LIME, MIXED BERRY,
and ORANGE

SMARTY PANTS®

NON
GMO

TEEN GIRL FORMULA



MULTIFUNCTION

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

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	7 g	3%†
Sugars	5 g	**
Includes 5 g Added Sugars		10%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	350 mcg	39%
Vitamin C (as ascorbic acid USP)	65 mg	72%
Vitamin D (D-3 as cholecalciferol USP)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha-tocopherol FCC from sunflower oil)	15 mg	100%
Vitamin K (K-1 as phyloquinone)	15 mcg	13%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin (Vitamin B-2 USP)	0.13 mg	10%
Niacin (Vitamin B-3 as inositol niacin)	16 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2.4 mg	141%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	3.2 mcg	133%
Biotin USP	37.5 mcg	125%
Choline (as choline bitartrate USP)	55 mg	10%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate USP)	9 mg	82%
Selenium (as sodium selenite)	27.5 mcg	50%
Manganese (as manganese amino acid chelate)	0.8 mg	35%
Chromium (as chromium picolinate USP)	12 mcg	34%
Molybdenum (as molybdenum amino acid chelate)	22.5 mcg	50%
Sodium	20 mg	1%
Fish Oil	300 mg	**
Total Omega-3 Fatty Acids	111 mg	**
EPA and DHA	55 mg	**
Lutemax 2020® Marigold Flower Extract	24 mg	**
Lutein	6 mg	**
Zeaxanthin	1.2 mg	**
Inositol (as inositol niacin)	4 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	12 mcg	**

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

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Gelatin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Turmeric, Organic Maqui Berry).

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, tree nut allergens, fish allergens, peanuts, shellfish, and salicylates. **YAY!**

EVERY BATCH 3RD PARTY LAB TESTED



@SmartyPants
wwwSmartyPantsVitamins.com

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
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PARTNER

VitaCholine® is a registered trademark of Balchem Corporation.

Lutemax® is a registered trademark of OmniActive Health Technologies Ltd.



This bottle is
made from 100%
post-consumer
recycled material.



*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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