

PREMIUM
INGREDIENTS

Vitamin D as D3 for immunity*

Vitamins K1 & K2 as MK7
for bones*

Vitamin B12 as
methylcobalamin for energy*

Folate as L-methylfolate

Biotin helps to maintain
hair, skin, and nails*

Vitamin C for immunity*

Vitamin A helps build strong
bones and teeth*

Two Natural Flavors
Grape and Orange

SMARTYPANTS 

TEEN GIRL MULTI

19 ESSENTIAL NUTRIENTS



30-day
90 gummies

DIETARY
SUPPLEMENT



Directions: For teenage girls, take three (3) gummies daily. May be taken with or without food.

Supplement Facts

Serving Size 3 Gummies
Servings Per Container 30

Amount per 3 Gummy Serving	% Daily Value
Calories	20
Total Carbohydrate	5 g 2%†
Sugars	4 g **
Includes 4 g Added Sugars	8%†
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 from sunflower oil FCC)	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 niacinate)	16 mg 100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2.4 mg 141%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 100%
	(240 mcg L-methylfolate)
Vitamin B-12 (as methylcobalamin)	2.4 mcg 100%
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	15 mg 1%
Inositol (as inositol niacinate)	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 Tapioca Syrup, Organic Cane Sugar, Pectin, Citric Acid, Sodium Citrate, Natural Flavors, Colors Added (Organic Maqui Berry Juice Concentrate, Organic Black Carrot Juice Concentrate, Organic Turmeric), Organic Sunflower Oil, Organic Carnauba Wax.

FREE OF

GMOs, gelatin, synthetic colors, artificial flavors and preservatives, yeast, wheat, milk, eggs, soy, gluten, peanuts, tree nut allergens, fish, 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.

For Customer Support: 1-888-751-2291, Hoot@SmartyPantsCorp.com

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1•FOR•1
PARTNER

SmartyPantsVitamins.com/LiveBetter



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



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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.