

PREMIUM
INGREDIENTS

Vitamin D as D3 for immunity*

Vitamin B12 as methylcobalamin for energy*

Vitamins K1 & K2 as MK7 for bones*

Biotin helps to maintain hair, skin, and nails*

Folate as L-methylfolate

Vitamin E, an antioxidant*

Vitamin C for immunity*

Vitamin A for eye health*

Two Natural Flavors
Strawberry Crème and
Orange Crème

SMARTYPANTS 

WOMEN'S
MULTI

16 ESSENTIAL NUTRIENTS



30-day
90 gummies

DIETARY
SUPPLEMENT



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

Supplement Facts

Amount per 3 Gummy Serving	% Daily Value	
Calories	20	
Total Carbohydrate	5 g	2%†
Sugars	4 g	**
Includes 4 g Added Sugars		
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as ascorbic acid USP)	45 mg	50%
Vitamin D (D-3 as cholecalciferol USP)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg	80%
Vitamin K (K-1 as phyloquinone)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin (Vitamin B-2 USP)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	1.5 mg	88%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	3 mcg	125%
Biotin USP	45 mcg	150%
Choline (as choline bitartrate USP)	55 mg	10%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate USP)	4 mg	36%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	10 mg	<1%
Inositol (as inositol niacinate)	1 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	16 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 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



SmartyPantsVitamins.com/LiveBetter



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



LB_WM_SPW90R1



*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.