

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

CHOLINE AS
VITACHOLINE®

3 DELICIOUS FLAVORS
LEMON CRÈME,
BLUEBERRY, and ORANGE

SMARTY PANTS®

NON
GMO

WOMEN'S FORMULA



OMEGA 3s
FOLATE

D3•B12
CoQ10

MORE THAN A MULTIVITAMIN

240 GUMMIES

DIETARY
SUPPLEMENT

OUR GUMMY OBSESSION

We started SmartyPants because we believe the very best vitamins are all in one: premium ingredients delivered in a delicious package at a fair price. The people we care most about take these gummies, so we wake up every day trying to make them better and better. Our goal, good health for the real world.

All of it.

G + G



1•FOR•1
PARTNER

Courtney & Gordon
Co-CEOs

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.

VitaCholine® is a registered trademark of Balchem Corporation.

Distributed by SmartyPants, Inc., Marina del Rey, CA 90292 USA.

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

www.SmartyPantsVitamins.com



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 40

Amount per 6 Gummy Serving	% Daily Value
Calories	45
Total Fat	0.5 g < 1%
Cholesterol	< 5 mg < 1%
Total Carbohydrate	9 g 3%†
Sugars	6 g **
Includes 6 g Added Sugars	13%†
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 phytyloquinone USP)	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 niacin)	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)	4 mcg 167%
Biotin USP	45 mcg 150%
Pantothenic acid (as calcium D-pantothenate USP)	3.5 mg 70%
Choline (as choline bitartrate)	55 mg 10%
Iodine (as potassium iodide USP)	150 mcg 100%
Zinc (as zinc citrate USP)	4 mg 36%
Selenium (as sodium selenite)	14 mcg 25%
Sodium	25 mg 1%
Fish Oil	510 mg **
Total Omega-3 Fatty Acids	162 mg **
EPA (Eicosapentaenoic Acid)	72 mg **
DHA (Docosahexaenoic Acid)	54 mg **
Coenzyme Q10 (as ubiquinone USP)	60 mg **
Inositol (as inositol niacin)	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 Cane Sugar, Organic Tapioca Syrup, Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Turmeric), Organic Sunflower Oil, Organic Carnauba Wax.

Essential Omega 3 Oils from Sustainable Fisheries

