

## 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

FOLATE AS METHYLFOLATE

VITAMIN D AS D3

B12 AS METHYLCOBALAMIN

IODINE

VITAMIN K AS K2 (MK7)

VITAMIN E  
FROM SUNFLOWER OIL

CHOLINE AS  
VITACHOLINE®

3 DELICIOUS FLAVORS  
LEMON, STRAWBERRY BANANA,  
and ORANGE

DOES NOT CONTAIN IRON

# SMARTY PANTS®

NON  
GMO

## PRENATAL FORMULA



OMEGA 3s  
FOLATE

IODINE  
D3 • B12

### MORE THAN A MULTIVITAMIN

180 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.

*Gr + Gordon*

Courtney & Gordon  
Co-CEOs



1 • FOR • 1  
PARTNER

### 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:** Adults take four (4) gummies daily, with or without food. May be taken all at the same time or split throughout the day as desired.

## Supplement Facts

Serving Size 4 Gummies  
Servings Per Container 45

Amount per 4 Gummy Serving	% Daily Value
	(For Women & Lactating Women)
Calories	40
Cholesterol	< 5 mg < 1%
Total Carbohydrate	9 g 3%†
Sugars	6 g **
Includes 6 g Added Sugars	12%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	520 mcg 40%
Vitamin C (as ascorbic acid USP)	48 mg 40%
Vitamin D (D-3 as cholecalciferol USP)	30 mcg (1200 IU) 200%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	14.3 mg 75%
Vitamin K (K-1 as phyloquinone)	24 mcg 27%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.14 mg 10%
Riboflavin (Vitamin B-2)	0.16 mg 10%
Niacin (Vitamin B-3 as inositol niacin)	18 mg 100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg 100%
Folate (as L-methylfolate, calcium salt)	600 mcg DFE (360 mcg L-methylfolate) 100%
Vitamin B-12 (as methylcobalamin)	4.7 mcg 168%
Biotin USP	17.5 mcg 50%
Choline (as choline bitartrate)	55 mg 10%
Iodine (as potassium iodide USP)	290 mcg 100%
Zinc (as zinc citrate USP)	3.9 mg 30%
Selenium (as sodium selenite)	14 mcg 20%
Sodium	25 mg 1%
Fish Oil	455 mg **
Total Omega-3 Fatty Acids	132 mg **
EPA and DHA	114 mg **
Inositol (as inositol niacin)	5 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, Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Turmeric), Organic Sunflower Oil, Organic Carnauba Wax.

**Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only**

