

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

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®

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*

120
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 30

Amount per 4 Gummy Serving	% Daily Value
Calories	35
Total Carbohydrate	7 g 31%†
Sugars	5 g **
Includes 5 g Added Sugars	100%†
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 phytylquinone)	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 niacinolate)	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)	3.2 mcg 133%
Biotin USP	37.5 mcg 125%
Choline (as choline bitartrate USP)	65 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 60%
Sodium	20 mg 1%
Fish Oil	300 mg **
Total Omega-3 Fatty Acids	111 mg **
EPA and DHA	65 mg **
Lutemax 2020® Marigold Flower Extract	24 mg **
Lutein	6 mg **
Zeaxanthin	1.2 mg **
Inositol (as inositol niacinolate)	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

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
www.SmartyPantsVitamins.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

Hot@SmartyPantsCorp.com



1-FOR-1
PARTNER

This product does not contain common GE genes or proteins. Visit igenprogram.com. 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.

