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.



VEGETARIAN OMEGA 3s

PROBIOTIC BACILLUS SUBTILIS FOLATE AS METHYLFOLATE

VITAMIN D AS D3

VITAMIN B12 AS METHYLCOBALAMIN

BIOTIN

IODINE

CHOLINE

ZINC

SMARTY



Directions: For pregnant or lactating women, take four (4) gummies daily. May be taken with or without food.

Supplement Facts

Serving Size 4 Gummies Servings Per Container 30

* Daily Value not established

Amount Per 4 Gummy Serving		Lact Women &
Calories	50	
Total Carbohydrate	11 g	4%
Sugars	7 g	
Includes 7 g Added Sugars		15%
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	520 mag	40%
Vitamin C (as organic acerola cherry extract)	48 mg	40%
Vitamin D (D-3 as cholecaldiferol USP)	30 mag (1200 IL	1) 200%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC	() 14.3 mg	75%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.14 mg	10%
Riboflavin USP (Vitamin B-2)	0.16 mg	10%
Niacin (Vitamin B-3 as inositol niacinate)	18 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	600 mog DFE 360 mcg L-methylfo	100% plate
Vitamin B-12 (as methylcobalamin)	3.5 mcg	125%
Biotin USP	17.5 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	7 mg	100%
Choline (as choline bitartrate USP)	11 mg	2%
lodine (as potassium iodide USP)	290 mcg	100%
Zinc (as zinc citrate USP)	3.9 mg	30%
Selenium (as sodium selenite)	14 mog	20%
Sodium	25 mg	1%
Organic Flax Seed Oil	341 mg	
Omega-3 (a-Linolenic Acid)	171 mg	
Omega-6 (Linoleic Acid)	43 mg	
Omega-9 (Oleic Acid)	55 mg	**
Vitamin K-2 (menaguinone-7)	18 mog	**
Inositol (from inositol nicacinate)	5 mg	
Bacillus subtilis (organic maltodextrin 270%, DE1111)	10 mg	

% Daily Value

FREE OF

shellfish, and salicylates. YAY!

EVERY BATCH 3RD PARTY LAB TESTED

(O) @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 Canada and packaged in California.

Distributed by SmartyPants, Inc., Marina del Rev. CA 90292 USA. Certified Organic by QAI.

DE111[®] is a registered trademark of Deerland Enzymes. For Customer Support: 1-888-751-2291, Hoot@SmartyPantsCorp.com



This bottle contains 80% post-consumer recycled material, and its label is printed. on FiberStone® tree-free/water-free paper made from stone



*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.

