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 FOLATE AS METHYLFOLATE VITAMIN D AS D3 VITAMIN B12 AS METHYLCOBALAMIN BIOTIN VITAMIN K AS K2 ZINC **BETA CAROTENE**

3 DELICIOUS FLAVORS RASPBERRY, LEMON LIME, and GRAPE



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

Supplement Facts

Serving Size 4 Gummies Servings Per Container About 22

Amount per 4 Gummy Serving	% Daily Value	
Calories	45	
Total Carbohydrate	10 g	4%†
Sugars	7 g	**
Includes 7 g Added Sugars		14%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as organic acerola cherry extract)	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%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.11 mg	9%
Riboflavin (Vitamin B-2 USP)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	3.2 mg	20%
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	30.0 mcg	100%
lodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	3.3 mg	30%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	20 mg	1%
Organic Flax Seed Oil	341 mg	**
Orega-3 (a-Linolenic Acid)	171 mg	**
Omega-9 (Oleic Acid)	55 mg	**
Vitamin K-2 (as menaguinone-7 USP)	24 mca	**
Inositol (from inositol niacinate)	1 mg	**

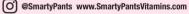
* Daily Value not established

Other Ingredients: Organic Tapioca Syrup, Organic Cane Sugar, Pectin, Organic Lemon Concentrate, Sodium Citrate, Organic Natural Flavors, Colors Added (Organic Maqui Berry, Organic Turmeric, Organic Black Carrot Juice Concentrate), Organic Sunflower Oil, Organic Carnauba Wax.

FREE OF

gelatin, soy, synthetic colors, artificial flavors and preservatives, yeast, wheat, milk, eggs, 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.

Certified Organic by QAI.

For Customer Support: 1-888-751-229 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.

