PREMIUM INGREDIENTS

- Vegetarian Omega-3 DHA for brain health*
- Vitamin C, B6, and Zinc for immunity*
- Folate as L-methylfolate for heart health*
- Vitamin D as D3 for bones*
- Vitamin B12 as methylcobalamin for energy*
- Vitamin A for eye health*
- Biotin to help maintain healthy hair, skin, and nails*
- Vitamin E, an antioxidant*

Each Capsule has a Fresh Mint Scent.

SMARTYPANTS® CAPSULES

MEN'S MULTI

Multivitamin Fruit & Vegetable Blend Omega-3 DHA

20 essential nutrients in 1 easy-to-swallow capsule

35 vegetarian capsules

BOTTLE MADE FROM 80% PCR

dietary supplement

Directions: For adult men, take one (1) capsule daily. May be taken with or without food. Take with a sip of water.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 35

Amount Per 1 Capsule Serving		% Daily Value
Vitamin A (as 50% beta-carotene USP, retinyl palmitate USP)	450 mcg	50%
Vitamin C (as ascorbic acid USP)	70 mg	78%
Vitamin D (D3 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 phytoquinone USP)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	1.6 mg	133%
Riboflavin (Vitamin B-2 USP)	1.5 mg	115%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	118%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	6 mcg	250%
Biotin USP	15 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	2.5 mg	50%
Choline (as choline bitartrate FCC)	20 mg	4%
Iodine (as potassium iodide FCC)	150 mcg	100%
Magnesium (as magnesium hydroxide)	8.4 mg	2%
Zinc (as zinc citrate USP)	11 mg	100%
Selenium (as L-selenomethionine USP)	14 mcg	25%
Copper (as copper chelate)	0.72 mg	80%
Chromium (as chromium picolinate USP)	25 mcg	71%
Algal Oil	149 mg	**
Omega-3 DHA (docosahexaenoic acid)	100 mg	**
Inositol (as inositol niacinate)	1 mg	**
SmartyPants Fruit & Vegetable Blend‡	**100 mg**	**
Organic Apple Fiber (pomace), Organic Acai (Euterpe oleracea, fruit juice), Organic Beet (root), Organic Kale (Brassica oleracea var. acephala, leaf), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Carrot (root).		

** Daily Value not established.

Other Ingredients: Hypromellose (Vegetarian Capsule), Silicon Dioxide, Rosemary Extract, Mixed Tocopherols, Sunflower Lecithin, Sunflower Oil, Ascorbyl Palmitate.

‡Adds a trivial amount of sugar.

FREE OF

sugar, gelatin, synthetic colors, artificial flavors and preservatives, yeast, wheat, milk, eggs, soy, gluten, peanuts, tree nut allergens, fish, shellfish, and salicylates. **YAY!**

EVERY BATCH 3RD PARTY LAB TESTED

@SmartyPants

SmartyPantsVitamins.com

vitamin angels PROUD SUPPORTER 1•FOR•1 PARTNER

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

Do not freeze, best stored at room temperature.
Product may darken over time.
Manufactured in the USA from domestic and imported ingredients.
Distributed by SmartyPants, Inc. Marina del Rey, CA 90292 USA.
For Customer Support: 1-888-751-2291, Hoot@SmartyPantsCorp.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 pregnant or nursing. Do not use if inner safety seal is broken. Do not exceed recommended daily serving.

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***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.**

WE WOULDN'T LIE TO YOU.

YOU'RE AMAZING, SERIOUSLY.

FREE OF

sugar, gelatin, synthetic colors, artificial flavors and preservatives, yeast, wheat, milk, eggs, soy, gluten, peanuts, tree nut allergens, fish, shellfish, and salicylates. **YAY!**

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UC_SPCMMC0235R2

vitamin angels PROUD SUPPORTER 1•FOR•1 PARTNER

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