

PREMIUM
INGREDIENTS

Vegetarian Omega-3 DHA
for brain health*

Folate as L-methylfolate
supports fetal development*

Vitamin C, B6, and Zinc
for immunity*

Vitamin D as D3 for bones*

Vitamin B12 as
methylcobalamin for energy*

Biotin to help maintain
healthy hair, skin, and nails*

Iodine for thyroid support*

Iron to help create
red blood cells*

Vitamin E, an antioxidant*

Each Capsule has
a Fresh Mint Scent.

SMARTYPANTS
CAPSULES

PRENATAL
MULTI



Multivitamin
Fruit & Vegetable Blend
Omega-3 DHA

21 essential nutrients
in 1 easy-to-swallow capsule

35
vegetarian
capsules



dietary supplement

Directions: For adult women, 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
		For Women >18
Vitamin A (as 65% beta-carotene USP, retinyl palmitate USP)	850 mcg	100%
Vitamin C (as ascorbic acid USP)	70 mg	140%
Vitamin D (D3 as cholecalciferol USP)	60 mcg (2000 IU)	120%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCO)	12 mg	240%
Vitamin K (K1 as phytylquinone USP)	24 mcg	48%
Thiamin (Vitamin B1 as thiamine mononitrate USP)	1.5 mg	30%
Riboflavin (Vitamin B2 USP)	1.6 mg	320%
Niacin (Vitamin B3 as nicotinamide USP)	4 mg	8%
Vitamin B6 (as pyridoxal 5-phosphate)	2 mg	40%
Folate (as L-methylfolate, calcium salt)	600 mcg DFE (240 mcg L-methylfolate)	120%
Vitamin B12 (as methylcobalamin)	4.5 mcg	180%
Biotin USP	30 mcg	100%
Pantothenic acid (as calcium D-pantothenate USP)	1.5 mg	30%
Choline (as choline bitartrate FCO)	25 mg	50%
Iron (as ferrous bisglycinate chelate)	4.5 mg	90%
Iodine (as potassium iodide FCO)	200 mcg	400%
Magnesium (as magnesium hydroxide)	8.4 mg	168%
Zinc (as zinc citrate USP)	4.5 mg	90%
Selenium (as L-selenomethionine USP)	28 mcg	56%
Copper (as copper chelate)	0.30 mg	30%
Manganese (as chromium picolinate USP)	28 mcg	56%
Apple Oil	148 mg	**
Omega-3 DHA (docosahexaenoic acid)	100 mg	**
Inositol (as inositol nicotinate)	1 mg	**
65 mg	**	**
Smartypants Fruit & Vegetable Blend†		
Organic Apple Fiber (pomace), Organic Acai (Euterpe oleracea, fruit juice), Organic Beet (root), Organic Kale (Brassica oleracea var. capitata), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Carrot (root).		

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

1-FOR-1 PARTNER

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 planning a medical procedure, or are pregnant or
nursing. Do not use if inner safety seal is broken. Do not exceed
recommended daily serving.

WARNING: Accidental overdose of iron-containing products is a
leading cause of fatal poisoning in children under 6. Keep out of reach
of children. In case of accidental overdose, call a doctor or poison
center immediately.

*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.

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vitamin angels
PROUD SUPPORTER
1-FOR-1
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