

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

30
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 30		% Daily Value
Amount Per 1 Capsule Serving		% Daily Value Preg Women & Lact Women
Vitamin A (as 65% beta-carotene USP, retinyl palmitate USP)	650 mcg	50%
Vitamin C (as ascorbic acid USP)	70 mg	50%
Vitamin D (D3 as cholecalciferol USP)	50 mcg (2000 IU)	333%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg	63%
Vitamin K (K-1 as phytylquinone USP)	24 mcg	27%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	1.5 mg	100%
Riboflavin (Vitamin B-2 USP)	1.6 mg	100%
Niacin (Vitamin B-3 as niacinamide USP)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	600 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	4.5 mcg	161%
Biotin USP	35 mcg	100%
Pantothenic acid (as calcium D-pantothenate USP)	1.5 mg	21%
Choline (as choline bitartrate FCC)	25 mg	5%
Iron (as ferrous bisglycinate chelate)	6.7 mg	25%
Iodine (as potassium iodide FCC)	250 mcg	100%
Magnesium (as magnesium hydroxide)	8.4 mg	2%
Zinc (as zinc citrate USP)	4.5 mg	35%
Selenium (as L-selenomethionine USP)	28 mcg	40%
Copper (as copper chelate)	0.30 mg	23%
Chromium (as chromium picolinate USP)	25 mcg	56%
Algal Oil	140 mg	**
Omega-3 DHA (docosahexaenoic acid)	100 mg	**
Inositol (as inositol niacinamide)	1 mg	**
Smartypants Fruit & Vegetable Blend†	65 mg	**
†Organic Apple Fiber (pomace), Organic Acai (Euterpe oleracea, fruit juice), Organic Beet (root), Organic Kale (Brassica oleracea var. capitata, leaf), Organic Lemon (fruit), Organic Raspberry (fruit), Organic Strawberry (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Citrus (fruit), Organic Carrot (root).		

** Daily Value not established.

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

†Adds a trivial amount of sugar.

FREE OF

GMOs, 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



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. LB: SPQPMCD0302

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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1-FOR-1
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Vitamin D (D3 as cholecalciferol USP)	50 mcg (2000 IU) 333%	Selenium (as L-selenomethionine USP)	28 mcg 40%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg 63%	Copper (as copper chelate)	0.30 mg 23%
Vitamin K (K-1 as phytylquinone USP)	24 mcg 27%	Chromium (as chromium picolinate USP)	25 mcg 56%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	1.5 mg 100%	Algal Oil	140 mg **
Riboflavin (Vitamin B-2 USP)	1.6 mg 100%	Omega-3 DHA (docosahexaenoic acid)	100 mg **
Niacin (Vitamin B-3 as pyridoxal 5-phosphate)	4 mg 25%	Inositol (as inositol niacinamide)	1 mg **
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