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*
- Biotin to help maintain healthy hair, skin, and nails*
- Vitamin B12 as methylcobalamin for energy*
- Vitamin A for eye health*
- Iron to help create red blood cells*
- Vitamin E, an antioxidant*

Each Capsule has a Fresh Mint Scent.

SMARTYPANTS® CAPSULES

WOMEN'S MULTI

Multivitamin Fruit & Vegetable Blend Omega-3 DHA

21 essential nutrients in 1 easy-to-swallow capsule

35 vegetarian capsules

BOTTLE MADE FROM 80% PCR

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
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 phylloquinone USP)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	1.2 mg	100%
Riboflavin (Vitamin B-2 USP)	1.3 mg	100%
Niacin (Vitamin B-3 as inositol nicotinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	1.7 mg	100%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	4.8 mcg	200%
Biotin USP	45 mcg	150%
Pantothenic acid (as calcium D-pantothenate USP)	5 mg	100%
Choline (as choline bitartrate FCC)	25 mg	5%
Iron (as ferrous bisglycinate chelate)	3.6 mg	20%
Iodine (as potassium iodide FCC)	150 mcg	100%
Magnesium (as magnesium hydroxide)	8.4 mg	2%
Zinc (as zinc citrate USP)	4 mg	36%
Selenium (as L-selenomethionine USP)	14 mcg	25%
Copper (as copper chelate)	0.27 mg	30%
Chromium (as chromium picolinate USP)	25 mcg	71%
Algal Oil	149 mg	**
Omega-3 DHA (docosahexaenoic acid)	100 mg	**
Inositol (as inositol nicotinate)	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 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.**

LE_SPOWM2035R2

YOU'RE AMAZING, SERIOUSLY.

WE WOULDN'T LIE TO YOU.

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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SmartyPantsVitamins.com

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UC_SPOWM2035R2

vitamin angels PROUD SUPPORTER 1·FOR·1 PARTNER

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WOMEN'S MULTI

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BOX MADE FROM 100% RECYCLED MATERIAL

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