

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

30 vegetarian capsules



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		
Vitamin A (as beta-carotene USP)	450 mcg	90%
Vitamin C (as ascorbic acid USP)	70 mg	90%
Vitamin E (as d-alpha-tocopherol USP)	50 mg (2000 IU)	100%
Vitamin K (as d-alpha-tocopherol from sunflower oil FCO)	12 mcg	80%
Vitamin B6 (as pyridoxine HCl USP)	25 mcg	50%
Vitamin B12 (as methylcobalamin USP)	1.2 mcg	100%
Biotin (Vitamin B7 as biotin USP)	1.7 mg	100%
Folate (Vitamin B9 as methyltetrahydrofolate USP)	4 mcg	25%
Vitamin D3 (as cholecalciferol USP)	1.7 mcg	100%
Iron (as ferrous fumarate USP)	400 mg (FPE)	100%
Vitamin B12 (as methylcobalamin USP)	1.2 mcg	100%
Biotin (Vitamin B7 as biotin USP)	400 mg	100%
Calcium (as calcium D-pantothinate USP)	25 mg	25%
Copper (as copper gluconate USP)	2.5 mg	25%
Iron (as ferrous fumarate USP)	100 mg	100%
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Other Ingredients: Hypromellose (Vegetarian Capsule), Silicon Dioxide, Rosemary Extract, Mixed Tocopherols, Sunflower Lecithin, Sunflower Oil, Acetaminophen.

*Daily Value not established.

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 90293 USA. For Customer Support: 1-888-751-2291, Hello@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.

YOU'RE AMAZING, SERIOUSLY.
WE WOULDN'T LIE TO YOU.

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

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