

PREMIUM INGREDIENTS

- Vegetarian Omega-3 DHA for brain health*
- Vitamin D as D3 for bones*
- Vitamin C, B6, and Zinc for immunity*
- Folate as L-methylfolate for heart health*
- Vitamin B12 as methylcobalamin supports energy metabolism*
- 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.

SMARTY PANTS® CAPSULES

WOMEN'S 50+ FORMULA



Multivitamin with
Omega-3 DHA
Fruit & Vegetable Blend

20 essential nutrients
in 1 easy-to-swallow capsule

35 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Directions: Women age 50+, take 1 capsule daily with food.

Supplement Facts

Serving Size 1 Capsule	
Amount Per Capsule	% Daily Value
Vitamin A (as 50% beta-carotene, retinyl palmitate) 450 mcg	50%
Vitamin C (as ascorbic acid) 85 mg	94%
Vitamin D (as cholecalciferol) 50 mcg (2000 IU)	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil) 12 mg	80%
Vitamin K (as phyloquinone) 24 mcg	20%
Thiamin (as thiamin mononitrate) 1.6 mg	133%
Riboflavin 1.5 mg	115%
Niacin (as inositol niacinate) 4 mg	25%
Vitamin B6 (as pyridoxal 5-phosphate) 2 mg	118%
Folate (as L-methylfolate, calcium salt) 400 mcg DFE	100%
Vitamin B12 (as methylcobalamin) 6 mcg	250%
Biotin 30 mcg	100%
Pantothenic Acid (as calcium D-pantothenate) 2.5 mg	50%
Choline (as choline bitartrate) 20 mg	4%
Iodine (as potassium iodide) 165 mcg	110%
Magnesium (as magnesium hydroxide) 8.4 mg	2%
Zinc (as zinc citrate) 6 mg	55%
Selenium (as L-selenomethionine) 28 mcg	51%
Copper (as copper chelate) 0.4 mg	44%
Chromium (as chromium picolinate) 35 mcg	100%
Omega-3 DHA (docosahexaenoic acid from algal oil) 100 mg	**
Inositol (as inositol niacinate) 1 mg	**
SmartyPants Fruit & Vegetable Blend† 100 mg	**
Apple Fiber (pomace)‡, Acai (Enterpe oleracea, fruit juice)‡, Beet (root)‡, Kale (Brassica oleracea var. acephala, leaf)‡, Raspberry (fruit)‡, Spinach (leaf)‡, Tomato (fruit)‡, Banana (fruit)‡, Blueberry (fruit)‡, Carrot (root)‡	
** Daily Value not established.	

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

†Adds a trivial amount of sugar. ‡Organic Ingredients

Distributed by SmartyPants, Inc. Marina del Rey, CA 90292 USA.



Free of sugar, synthetic colors, wheat, milk, eggs, soy, gluten, peanuts, tree nut allergens, fish, and shellfish.

EVERY BATCH 3RD PARTY LAB TESTED



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.

Do not freeze, best stored at room temperature. Product may darken over time.

Manufactured in the USA from domestic and imported ingredients.

For Customer Support:
1-888-751-2291
Hoot@SmartyPantsCorp.com
www.SmartYPantsVitamins.com

*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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