

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 supports energy metabolism*
- Vitamin A for eye health*
- Iron to help create red blood cells*
- Vitamin E, an antioxidant*



Each Capsule has
a Fresh Mint Scent.

30 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

SMARTY PANTS® CAPSULES

NON
GMO

WOMEN'S FORMULA



Multivitamin with Omega-3 DHA Fruit & Vegetable Blend

21 essential nutrients
in 1 easy-to-swallow capsule

Directions: Adult women, 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) 70 mg	78%
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) 1.2 mg	100%
Riboflavin 1.3 mg	100%
Niacin (as inositol niacinate) 4 mg	25%
Vitamin B6 (as pyridoxal 5-phosphate) 1.7 mg	100%
Folate (as L-methylfolate, calcium salt) 400 mcg DFE	100%
Vitamin B12 (as methylcobalamin) 4.8 mcg	200%
Biotin 45 mcg	150%
Pantothenic Acid (as calcium D-pantothenate) 5 mg	100%
Choline (as choline bitartrate) 25 mg	5%
Iron (as ferrous bisglycinate chelate) 3.6 mg	20%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium hydroxide) 8.4 mg	2%
Zinc (as zinc citrate) 4 mg	36%
Selenium (as L-selenomethionine) 14 mcg	25%
Copper (as copper chelate) 0.27 mg	30%
Chromium (as chromium picolinate) 25 mcg	71%
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 (<i>Enterpe oleracea</i> , fruit juice) [‡] , Beet (root) [‡] , Kale (<i>Brassica oleracea</i> var. <i>acephala</i> , 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 GMOs, sugar, synthetic colors, wheat, milk, eggs, soy, gluten, peanuts, tree nut allergens, fish, and shellfish.

EVERY BATCH 3RD PARTY LAB TESTED



PROUD SUPPORTER



NON-GMO
TESTED



PURITY AWARD

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

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 control 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.

