

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



This box is made of 100% post-consumer recycled material.
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

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, 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.



**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.

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**SMARTY
PANTS[®]**
CAPSULES



**WOMEN'S
FORMULA**



**Multivitamin
Fruit & Vegetable Blend
Omega-3 DHA**

21 essential nutrients
in 1 easy-to-swallow capsule

35 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Directions: For adult women, take one (1) capsule daily. May also be taken with or without food. Take with a sip of water.

Supplement Facts

	% Daily Value	Amount Per 1 Capsule Serving	% Daily Value
Vitamin A (as retinyl palmitate USP)	100%	500 mcg	50%
Vitamin C (as ascorbic acid USP)	78%	70 mg	78%
Vitamin D (as cholecalciferol USP)	250%	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	80%	12 mg	80%
Vitamin K (vitamin K1 as phytylquinone USP)	20%	24 mcg	20%
Thiamine (vitamin B1 as thiamine mononitrate USP)	100%	1.2 mg	100%
Riboflavin (vitamin B2 USP)	100%	1.3 mg	100%
Niacin (vitamin B3 as niacin succinate)	25%	4 mg	25%
Vitamin B6 (as pyridoxal 5-phosphate USP)	100%	1.7 mg	100%
Folate (as L-methylfolate, calcium salt)	100%	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B12 (as methylcobalamin)	200%	4.8 mcg	200%
Biotin USP	150%	45 mcg	150%
Pantothenic Acid (as calcium D-pantothenate USP)	100%	5 mg	100%
Choline (as choline bitartrate FCC)	5%	25 mg	5%
Iron (as ferrous bisglycinate chelate)	20%	3.6 mg	20%
Iodine (as potassium iodide FCC)	100%	150 mcg	100%
Magnesium (as magnesium hydroxide)	2%	8.4 mg	2%
Zinc (as zinc citrate USP)	38%	4 mg	38%
Selenium (as L-selenomethionine USP)	25%	14 mcg	25%
Copper (as copper chelate)	30%	0.27 mg	30%
Chromium (as chromium picolinate USP)	71%	25 mcg	71%
Omega-3 DHA (docosahexaenoic acid from algal oil)	1 mg	1 mg	1 mg
Inositol (as inositol nicotinate)	1 mg	1 mg	1 mg
SmartyPants Fruit & Vegetable Blend[®]	100 mg		
Organic Apple Flair (pomace), Organic Acai (Enteropneusta, fruit juice), Organic Beet (root), Organic Kale (Brassica oleracea var. capitata), leaf), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Citrus (fruit)			

Directions: For adult women, take one (1) capsule daily. May be taken with or without food. Take with a sip of water.

Supplement Facts

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 (vitamin D3 as cholecalciferol USP)	50 mcg (2000 IU) 250%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg 80%
Vitamin K (vitamin K1 as phytylquinone USP)	24 mcg 20%
Thiamine (vitamin B1 as thiamine mononitrate USP)	1.2 mg 100%
Riboflavin (vitamin B2 USP)	1.3 mg 100%
Niacin (vitamin B3 as inositol succinate)	4 mg 25%
Vitamin B6 (as pyridoxal 5-phosphate USP)	1.7 mg 100%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate) 100%
Vitamin B12 (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 38%
Selenium (as L-selenomethionine USP)	14 mcg 25%
Copper (as copper chelate)	0.27 mg 30%
Chromium (as chromium picolinate USP)	25 mcg 71%
Omega-3 DHA (docosahexaenoic acid from algal oil)	1 mg 1 mg
Inositol (as inositol nicotinate)	1 mg 1 mg
SmartyPants Fruit & Vegetable Blend[®]	100 mg
Organic Apple Flair (pomace), Organic Acai (Enteropneusta, fruit juice), Organic Beet (root), Organic Kale (Brassica oleracea var. capitata), leaf), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Citrus (fruit)	

¹ Daily Value not established.

*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.

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

**WE WOULDN'T
LIE TO YOU.**

**YOU'RE AMAZING,
SERIOUSLY.**

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