

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*
- 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.

30 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

SMARTY PANTS®

NON
GMO

MEN'S FORMULA



Multivitamin with
Omega-3 DHA
Fruit & Vegetable Blend

20 essential nutrients
in 1 easy-to-swallow capsule

Directions: Adult men, 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) 1.6 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 15 mcg	50%
Pantothenic Acid (as calcium D-pantothenate) 2.5 mg	50%
Choline (as choline bitartrate) 20 mg	4%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium hydroxide) 8.4 mg	2%
Zinc (as zinc citrate) 11 mg	100%
Selenium (as L-selenomethionine) 14 mcg	25%
Copper (as copper chelate) 0.72 mg	80%
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



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

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*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.



LB_SPCM30_MSK_R2