

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 for energy*

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®



MEN'S FORMULA



Multivitamin Fruit & Vegetable Blend Omega-3 DHA

20 essential nutrients
in 1 easy-to-swallow capsule

35 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Directions: For adult men, 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 35

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 phyloquinone USP)	24 mcg	20%
Thiamin (vitamin B1 as thiamin mononitrate USP)	1.6 mg	133%
Riboflavin (vitamin B2 USP)	1.5 mg	115%
Niacin (vitamin B3 as inositol niacinat)	4 mg	25%
Vitamin B6 (as pyridoxal 5-phosphate)	2 mg	118%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B12 (as methylcobalamin)	6 mcg	250%
Biotin USP	15 mcg	50%
Pantothenic Acid (as calcium D-pantothenate USP)	2.5 mg	50%
Choline (as choline bitartrate FCC)	20 mg	4%
Iodine (as potassium iodide FCC)	150 mcg	100%
Magnesium (as magnesium hydroxide)	8.4 mg	2%
Zinc (as zinc citrate USP)	11 mg	100%
Selenium (as L-selenomethionine USP)	14 mcg	25%
Copper (as copper chelate)	0.72 mg	80%
Chromium (as chromium picolinate USP)	25 mcg	71%
Omega-3 DHA (docosahexaenoic acid from algal oil)	100 mg	**
Inositol (as inositol niacinat)	1 mg	**
SmartyPants Fruit & Vegetable Blend†	100 mg	**
Organic Apple Fiber (pomace), Organic Acai (<i>Enterpe oleracea</i> , fruit juice), Organic Beet (root), Organic Kale (<i>Brassica oleracea</i> var. <i>acephala</i> , leaf), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic 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.

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

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



SmartyPantsVitamins.com



This bottle contains 80%
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, or are pregnant or nursing. Do not use if inner safety seal is broken. Do not exceed recommended daily serving.

LB_SPCM35_MSK_R1

*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.