

WE WANT YOU TO KNOW

That every nutrient that goes into our gummies is carefully chosen based on extensive research. And just as much care goes into making them delicious.

↘ SUPERSTAR INGREDIENTS ↙

OMEGA 3 FISH OIL
FROM SMALL FISH

FOLATE AS METHYLFOLATE

VITAMIN D AS D3

B12 AS METHYLCOBALAMIN

IODINE

VITAMIN K AS K2 (MK7)

VITAMIN E
FROM SUNFLOWER OIL

3 DELICIOUS FLAVORS
LEMON, ORANGE,
and STRAWBERRY BANANA

DOES NOT CONTAIN IRON

SMARTY PANTS®

NON
GMO

PRENATAL COMPLETE



OMEGA 3s
• FOLATE

IODINE
• D3 • B12

MORE THAN A MULTIVITAMIN

240 GUMMIES

DIETARY
SUPPLEMENT

OUR GUMMY OBSESSION

We started SmartyPants because we believe the very best vitamins are all in one: premium ingredients delivered in a delicious package at a fair price. The people we care most about take these gummies, so we wake up every day trying to make them better and better. Our goal, good health for the real world. **All of it.**

Courtney & Gordon

Courtney & Gordon
Co-CEOs



1•FOR•1
MATCHING
PARTNER

FREE OF

GMO's, synthetic colors, artificial flavors
and preservatives, yeast, wheat, milk, eggs,
soy, gluten, peanuts, tree nut allergens, fish
allergens, shellfish, and salicylates. **YAY!**

EVERY BATCH 3RD PARTY LAB TESTED

WARNING Keep out of reach of children. Take only as directed. Do not exceed recommended dosage. If you have a medical condition, or are on medication, please consult your health care provider before use. Do not use if inner safety seal is broken. Discontinue use two weeks prior to surgery.

Do not freeze, product may darken over time.

Manufactured in California from domestic and imported ingredients.

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

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Metafolin® is a registered trademark
of Merck KGaA, Darmstadt, Germany



MEG-3® is a trademark of DSM



Directions: For pregnant or lactating women, take six (6) gummies daily. May be taken with or without food.

Supplement Facts

Serving Size 6 Gummies
Servings Per Container 40

Amount Per 6 Gummy Serving	% Daily Value	
	Pregnant &	Lact Women
Calories	50	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	11 g	4%†
Sugars	7 g	**
Vitamin A (as retinyl palmitate USP)	3000 IU	38%
Vitamin C (as ascorbic acid USP)	60 mg	100%
Vitamin D (as cholecalciferol USP)	1000 IU	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	30 IU	100%
Vitamin K (as menaquinone-7)	16 mcg	**
Thiamin (as thiamine mononitrate USP)	0.08 mg	4%
Riboflavin USP	0.17 mg	9%
Niacin (as niacinamide USP)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride USP)	2.5 mg	100%
Folate (as L-methylfolate, calcium salt)	800 mcg	100%
Vitamin B-12 (as methylcobalamin)	10 mcg	125%
Biotin USP	30 mcg	10%
Pantothenic acid (as calcium D-pantothenate USP)	10 mg	100%
Iron	0 mg	0%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	6.5 mg	43%
Sodium	25 mg	**
Fish Oil	455 mg	**
Total Omega-3 Fatty Acids (typical values)	132 mg	**
EPA (eicosapentaenoic acid)	66 mg	**
DHA (docosahexaenoic acid)	48 mg	**
Choline (as choline citrate)	12 mg	**

† Percent Daily Value based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Gelatin, Citric Acid, Natural Flavors (Orange, Lemon, Strawberry Banana), Natural Colors Added (Annatto, Organic Turmeric, Organic Black Carrot Juice Concentrate), Medium Chain Triglycerides From Coconut Oil and Carnauba Wax.

Essential Omega 3 Oils from Sustainable Fisheries

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