

## 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

VITAMIN D AS D3

FOLATE AS METHYLFOLATE

B12 AS METHYLCOBALAMIN

CoQ10

VITAMIN K AS K2 (MK7)

BIOTIN

IODINE

3 DELICIOUS FLAVORS  
LEMON CRÈME,  
BLUEBERRY, and ORANGE

# SMARTY PANTS®

NON  
GMO

## WOMEN'S COMPLETE



OMEGA 3s  
FOLATE

D3 • B12  
CoQ10

### MORE THAN A MULTIVITAMIN

**180** 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.**

*Gr + hth*

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, are on medication, or are pregnant or nursing, 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 adult women, take six (6) gummies daily. May be taken with or without food.

## Supplement Facts

Serving Size 6 Gummies  
Servings Per Container 30

| Amount Per 6 Gummy Serving                           | % Daily Value |       |
|------------------------------------------------------|---------------|-------|
| Calories                                             | 50            |       |
| Cholesterol                                          | < 5 mg        | < 1%  |
| Total Carbohydrate                                   | 11 g          | 4%†   |
| Sugars                                               | 7 g           | **    |
| Vitamin A (as retinyl palmitate USP)                 | 1500 IU       | 30%   |
| 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)                         | 32 mcg        | 40%   |
| Thiamin (as thiamine mononitrate USP)                | 0.08 mg       | 5%    |
| Riboflavin USP                                       | 0.26 mg       | 15%   |
| Niacin (as niacinamide USP)                          | 4 mg          | 20%   |
| Vitamin B-6 (as pyridoxine hydrochloride USP)        | 2 mg          | 100%  |
| Folate (as L-methylfolate, calcium salt)             | 400 mcg       | 100%  |
| Vitamin B-12 (as methylcobalamin)                    | 100 mcg       | 1667% |
| Biotin USP                                           | 300 mcg       | 100%  |
| Pantothenic acid (as calcium D-pantothenate USP)     | 10 mg         | 100%  |
| Iodine (as potassium iodide USP)                     | 150 mcg       | 100%  |
| Zinc (as zinc citrate USP)                           | 4.5 mg        | 30%   |
| Sodium                                               | 25 mg         | 1%    |
| Fish Oil                                             | 510 mg        | **    |
| Omega-3 Fatty Acids (typical values)                 | 138 mg        | **    |
| EPA (eicosapentaenoic acid)                          | 72 mg         | **    |
| DHA (docosahexaenoic acid)                           | 54 mg         | **    |
| CoQ10 (as Coenzyme Q10, ubiquinone USP)              | 100 mg        | **    |
| Choline (as choline citrate)                         | 18 mg         | **    |
| Inositol FCC                                         | 30 mcg        | **    |

† 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 Crème, Blueberry), 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**