

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 ↙

LUTEIN

ZEAXANTHIN

BIOTIN

VITAMIN K AS K2 (MK7)

VITAMIN D AS D3

OMEGA 3 FISH OIL
FROM SMALL FISH

B12 AS METHYLCOBALAMIN

FOLATE AS METHYLFOLATE

3 DELICIOUS FLAVORS
LEMON LIME, MIXED BERRY,
and SOUR APPLE

SMARTY PANTS®

NON
GMO

TEEN ^{Girl!} COMPLETE



OMEGA 3s
LUTEIN

MULTI
BIOTIN • K2

MORE THAN A MULTIVITAMIN

90 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



vitamin angels®
PROUD SUPPORTER

1•FOR•1
PARTNER

FREE OF

GMOs, 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

For Customer Support: 1-888-751-2291
CustomerService@SmartyPantsCorp.com
www.SmartYPantsVitamins.com

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

MEG-3®
MEG-3® is a trademark of DSM

FloraGLO®
FloraGLO is a registered trademark
of Kemira Industries, Inc.



Directions: For teenage girls, take four (4) gummies daily.
May be taken with or without food.

Supplement Facts

Serving Size 4 Gummies
Servings Per Container About 22

Amount Per 4 Gummy Serving	% Daily Value
Calories	35
Total Carbohydrate	8 g 3%†
Sugars	5 g **
Includes 5 g Added Sugars	11%†
Vitamin A (as 50% beta-carotene, 50% retinyl palmitate USP)	450 mcg 50%
Vitamin C (as ascorbic acid USP)	90 mg 100%
Vitamin D (as cholecalciferol USP)	20 mcg (800 IU) 100%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	15 mg 100%
Vitamin K (Vitamin K-2 as menaquinone-7)	24 mcg 20%
Thiamin (as thiamine mononitrate USP)	0.12 mg 10%
Riboflavin USP	0.13 mg 10%
Niacin (Vitamin B-3 as inositol niacin)	16 mg 100%
Vitamin B-6 (as pyridoxine hydrochloride USP)	3.4 mg 200%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 100%
	240 mcg L-methylfolate
Vitamin B-12 (as methylcobalamin)	4.8 mcg 200%
Biotin USP	60 mcg 200%
Pantothenic acid (as calcium D-pantothenate USP)	5 mg 100%
Choline (as choline bitartrate)	22 mg 4%
Iodine (as potassium iodide USP)	150 mcg 100%
Zinc (as zinc citrate USP)	7.3 mg 67%
Selenium (as sodium selenite)	27.5 mcg 50%
Manganese (as manganese amino acid chelate)	1.15 mg 50%
Chromium (as chromium picolinate)	17.5 mcg 50%
Molybdenum (as molybdenum amino acid complex)	22.5 mcg 50%
Sodium	15 mg < 1%
Fish Oil	300 mg **
Total Omega-3 Fatty Acids	111 mg **
EPA (Eicosapentaenoic Acid)	33 mg **
DHA (Docosahexaenoic Acid)	22 mg **
Lutein (from marigold)	6 mg **
Zeaxanthin (from marigold)	1 mg **
Inositol (as inositol niacin)	4 mg **

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

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Citric Acid, Gelatin, Natural Flavors, Colored with Organic Black Carrot Juice Concentrate. Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only

LBTG90R1