



SMARTY PANTS®

TEEN GIRL PLUS

DIRECTIONS: Teenage girls take 2 gummies daily. May be taken with or without food. Store in a cool dry place. Do not freeze. Product may darken over time.

WARNING: Keep out of reach of children. Not for children under 2 years of age. Consult your child's health care provider before use particularly if they have a medical condition, are on any medications, or if they have a medical procedure planned. Do not use if inner safety seal is broken. Do not exceed recommended daily serving.

Customer Support: 1 (888) 751-2291
hooi@smartypantscorp.com
smartypantsvitamins.com

Manufactured in USA from domestic and imported ingredients.

This product does not contain common GE genes or proteins. Visit igenprogram.com.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Gelatin, Natural Flavors, Citric Acid, Sodium Citrate.

Distributed by SmartyPants, Inc., El Segundo, CA 90245 USA.



LEARN MORE



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Better ingredients your body prefers.

Our formulas include premium ingredients, such as methylated forms of nutrients, which means they are easily absorbed by the body.

Free of synthetic colors, gluten, wheat, milk, eggs, peanuts, sesame, soy, tree nut allergens, fish, and shellfish.

vitamin angels® PROUD SUPPORTER

Our partnership provides life-changing nutrients to women and children in the U.S. and globally.

Mango Orange Flavor with Other Natural Flavors



MULTI & Omegas

85 mg Omega-3 per 2 Gummies

Vitamins C & D for Immune Support*

Biotin Helps Maintain Healthy Hair, Skin, & Nails*

Lutein & Vitamin A for Eye Health*



60 Gummies • Dietary Supplement

*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.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

Amount Per 2 Gummy Serving	% Daily Value
Calories	20
Total Carbohydrate	4 g 2%†
Total Sugars	3 g **
Includes 3 g Added Sugars	6%†
Vitamin A (as retinyl palmitate)	270 mcg 30%
Vitamin C (as ascorbic acid)	45 mg 50%
Vitamin D (as cholecalciferol)	50 mcg (800 IU) 250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	12 mg 80%
Vitamin K (as phyloquinone)	40 mcg 33%
Thiamin (vitamin B1 as thiamin mononitrate)	0.12 mg 10%
Riboflavin (vitamin B2)	0.26 mg 20%
Niacin (vitamin B3 as inositol niacin)	4 mg 25%
Vitamin B6 (as pyridoxine HCl)	1.5 mg 88%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 100%
Vitamin B12 (as methylcobalamin)	4 mcg 167%
Biotin	45 mcg 150%
Iodine (as potassium iodide)	150 mcg 100%
Zinc (as zinc citrate)	4 mg 36%
Selenium (as sodium selenite)	14 mcg 25%
Chromium (as chromium picolinate)	7 mcg 20%
Sodium	10 mg <1%
Algal Oil	150 mg **
Total Omega-3 Fatty Acids	85 mg **
DHA (Docosahexaenoic Acid)	45 mg **
EPA (Eicosahexaenoic Acid)	23 mg **
Lutein (from Marigold flower extract)	10 mg **
Zeaxanthin (from Marigold flower extract)	0.5 mg **
Inositol (as inositol niacin)	1 mg **

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

** Daily Value not established.