

Product Information			
Description:	SmartyPants Teen Girl Complete	SmartyPants Formula #:	321FLP-Teen Girl Reformulated
Lot Number:	MH9H21	Expiration Date:	4/30/2021

Active Ingredient	Label Claim Per Piece	Result
Vitamin A (as 50 % beta-carotene)	43.75 mcg	Conforms
Vitamin A (as 50% retinyl palmitate)	43.75 mcg	Conforms
Total Vitamin A	87.5 mcg	Conforms
Vitamin C (as ascorbic acid)	16.3 mg	Conforms
Vitamin D3 (as cholecalciferol)	5 mcg (200 IU)	Conforms
Vitamin E (as d-alpha-tocopherol from sunflower oil)	3.8 mg	Conforms
Vitamin K (K-1 as phyloquinone)	3.8 mcg	Conforms
Thiamin (Vitamin B-1 as thiamin mononitrate)	0.03 mg	Conforms
Riboflavin (Vitamin B-2)	0.04 mg	Conforms
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	Conforms
Vitamin B6 (as pyridoxal 5-phosphate)	0.6 mg	Conforms
L-Methylfolate	60 mcg	Conforms
Vitamin B12 (as methylcobalamin)	0.6 mcg	Conforms
Biotin	9.4 mcg	Conforms
Pantothenic Acid (as calcium D-pantothenate)	0.9 mg	Conforms
Choline (as choline bitartrate)	14 mg	Conforms
Iodine (as potassium iodide)	38 mcg	Conforms
Zinc (as zinc citrate)	2.3 mg	Conforms
Selenium (as sodium selenite)	6.9 mcg	Conforms
Manganese (as manganese amino acid chelate)	0.2 mg	Conforms
Chromium (as chromium picolinate)	3 mcg	Conforms
Molybdenum (as molybdenum amino acid chelate)	5.7 mcg	Conforms
Lutein (from marigold)	1.5 mg	Conforms
Zeaxanthin (from marigold)	0.3 mg	Conforms
Inositol (from inositol niacinate)	1 mg	Conforms
Vitamin K-2 (as menaquinone-7)	3 mcg	Conforms
Fish Oil	75 mg	Conforms
EPA	8.25 mg*	Conforms
DHA	5.5 mg*	Conforms
Total Omega-3s	27.8 mg	Conforms

*Note: EPA, DHA and Total Omega-3s reported as Triglycerides. *Label claim based on typical analysis.*

Microbiological	Specification	Result
Total Plate Count	<2000 cfu/g	<10 cfu/g
Yeast & Mold	<200 cfu/g	<10 cfu/g
Salmonella	Absent/10g	Absent
E. coli	Absent/10g	Absent
Staph. aureus	Absent/10g	Absent
Pseudomonas aeruginosa	Absent/10g	Absent
Heavy Metals	Specification	Result
Lead	≤0.5 mcg/Serving	0.436 mcg
Arsenic	<10 mcg/Serving	<0.1236 mcg
Cadmium	<4.1 mcg/Serving	<0.0616 mcg
Mercury	≤0.3 mcg/Serving	<0.0616 mcg
External Chemical Parameters	Specification	Result
Pesticides	Pass/Fail	Pass
Residual Solvents Class 1, 2a, and 2b	Pass/Fail	Pass
Gluten	≤ 20 ppm	<5.0 ppm

Quality Assurance Approval:

Joelynn Zub Digitally signed by Joelynn Zub
Date: 2019.09.18 08:44:02 -07'00'

*This document is property of SmartyPants.
Distribution prohibited without the written consent of SmartyPants Quality Assurance.*

Heavy Metals

We want you to know. That's why we provide full reporting of our test results, even those that show acceptable trace amounts of heavy metals. While it's impossible to eliminate all traces of heavy metals, as they are naturally-occurring components of our environment, found in the water, soil, air, and fruits and vegetables, we know how important safety is for us all and make sure those levels are kept as low as possible at all times and always within the legal limit. That's why our products either meet or fall below the limits set by California's Prop. 65 – the strictest standard, worldwide, for environmental toxins. For more information on the presence of heavy metals in our products, [click here](#).