

Why a Liquid Multivitamin?

Though we believe in a diet-first approach to health, not everyone gets the essential vitamins and nutrients that they need from diet alone. Our liquid multivitamin is in an easy-to-take formula for people of all ages.



SUGGESTED USE:

Shake well before use.

Adults take 2 tablespoons once daily. Take in the morning either with food, juice or on an empty stomach.

Age	Dose
2-3 Years	1/2 Teaspoon (2.5 mL)
4-10 Years	1/4 oz or 1/2 Tablespoon (7.4 mL)
11-17 Years	1/2 oz or 1 Tablespoon (14.8 mL)
18 Years+	1 oz or 2 Tablespoons (29.6 mL)
Pregnant/Lactating & Seniors (65+)	1 oz or 2 Tablespoons (29.6 mL) Please consult with a physician or healthcare professional prior to use.

****IMPORTANT:** We genuinely care about all our customers, which is why we always suggest consulting with a physician or healthcare professional before starting any health supplement. Discontinue use if any negative reaction occurs.

REFRIGERATE AFTER OPENING

Shake Well Before Using

Use within 6 months of opening

†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.

This Bottle is BPA FREE. Please Recycle. ♻️



MARY RUTH'S®

Liquid Morning MULTIVITAMIN

NON
GMO

VEGAN

DAIRY
FREE

GLUTEN
FREE

SOY
FREE

ZERO
SUGAR
ADDED

ZERO
FAT

MADE FOR
ENERGY | BEAUTY | IMMUNITY

Supplement Facts

Serving Size 1 fl oz (29.6 mL)
Servings Per Container 32

	Amount Per Serving (29.6 mL)	% DV for ages 4+ yrs	% DV for Pregnant & Lactating	Amount Per Serving (2.5 mL)	% DV for ages 2-3 yrs
Calories	30				
Total Carbohydrates	8 g	3%*	3%*	<1 g	<1%**
Vitamin A (as Beta Carotene)	1012 mcg	112%	78%	81 mcg	27%
Vitamin C (Ascorbic Acid)	90 mg	100%	75%	7.2 mg	48%
Vitamin D3 (as Cholecalciferol)	20 mcg (800 IU)	100%	133%	1.6 mcg (64 IU)	11%
Vitamin E (as D-Alpha Tocopherol)	18 mg	120%	95%	1.4 mg	23%
Thiamin (as Thiamine Hydrochloride)	6 mg	500%	429%	0.5 mg	100%
Riboflavin	6.5 mg	500%	406%	0.5 mg	100%
Niacin (as Niacinamide)	32 mg	200%	178%	2.6 mg NE	43%
Vitamin B6 (as Pyridoxine Hydrochloride)	8.5 mg	500%	425%	0.7 mg	140%
Folate (as Calcium Folate)	510 mcg DFE	128%	85%	41 mcg DFE	27%
Vitamin B12 (as Methylcobalamin)	12 mcg	500%	429%	1 mcg	111%
Biotin (as D-Biotin)	300 mcg	1000%	857%	25.3 mcg	316%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%	143%	0.8 mg	40%
Choline (as Choline Bitartrate)	20 mg	4%	4%	1.6 mg	<1%
Zinc (as Zinc Citrate)	1 mg	9%	8%	0.1 mg	3%
Chromium (as Chromium Picolinate)	18 mcg	51%	40%	1.4 mcg	13%
Inositol	50 mg	±	±	12.5 mg	±
Hesperidin	5 mg	±	±	400 mcg	±
Betaine	10 mg	±	±	0.8 mg	±
Methylsulphonylmethane (OptiMSM®)	30 mg	±	±	2.4 mg	±
Trace Minerals (ConcenTrace®)	62 mg	±	±	5 mg	±
Proprietary Branched Chain Amino Acid Complex L-Leucine, L-Isoleucine, L-Valine (2:1:1)	25 mg	±	±	2 mg	±

*Percent Daily Values are based on a 2000 calorie diet.

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†Daily Value (DV) not established.

Other Ingredients*: Purified Water, Vegetable Glycerin, Natural Raspberry Flavor, Xanthan Gum, Cranberry Extract, Organic Aloe Vera Extract, Organic Noni Juice, Potassium Sorbate.

*All ingredients are VEGAN and NON-GMO

Distributed by MaryRuth Organics LLC | Los Angeles, CA 90035
www.maryruthorganics.com

Our Vegan D3 is plant based, sourced from Non-GMO Lichen.

CONTACT US

We love to hear from our customers.
Questions? Feedback?

Please feel free to call or email us!

WeCare@MaryRuthOrganics.com

(310) 955-1353

Raspberry
Non-GMO Vegan Natural
Raspberry Flavored

Net: 32 fl oz (1 Quart) 946 mL
A Dietary Supplement

GOOD TO KNOW:

MaryRuth's uses premium quality ingredients.
Taste may vary slightly from batch to batch.

