

2 MONTH SUPPLY

SUGGESTED USE:

Adults take 1 gummy per day or as recommended by a physician or healthcare professional.

KEEP OUT OF REACH OF CHILDREN

in case of accidental overdose or choking.
All children 14 and under, pregnant and lactating women, seniors ages 65+, anyone taking medication, and those with a medical condition should always consult with a physician or healthcare professional before using any dietary supplement.

†This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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



Please Recycle

HL-R-REV-01

VEGAN

METHYLATED
FOLATE

METHYLATED
B12



MARY RUTH'S®

BIOTIN
Hair | Skin | Nails†
GUMMIES

PECTIN BASED

Goji Berry

Vegan Natural Flavor

A Dietary Supplement
60 Gummies

GLUTEN
FREE

BIOTIN

SUGAR
FREE

2 MONTH SUPPLY

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 60

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	<1%*
Methylated Folate (as Calcium L-5-Methyltetrahydrofolate)	250 mcg DFE	63%
Vitamin B12 (as Methylcobalamin)	425 mcg	17708%
Biotin	2500 mcg	8333%
Zinc (as Zinc Citrate)	10 mg	91%
Sodium	10 mg	<1%

Fo-Ti Extract (12:1)
(Equivalent to 60 mg *Reynoutria multiflora* root)

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Organic Isomalto-oligosaccharides*, Purified Water, Organic Erythritol, Pectin, Citric Acid, Organic Fruit Powder Blend (Strawberry, Blueberry, Raspberry, Tart Cherry, Pomegranate, Cranberry, Blackberry)*, Natural Goji Berry Flavor, Sodium Citrate, Black Carrot Color, Organic Stevia Leaf Extract, and Organic Sunflower Oil. *Adds a dietarily insignificant amount of sugar.

All ingredients are VEGAN

Distributed by MRO MaryRuth, LLC
Los Angeles, CA 90035
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