## SUGGESTED USE: =

Ages 2+ can 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. KEEP AWAY FROM DOGS

## because this product contains Xvlitol. THIS PRODUCT IS MADE WITHOUT:

Gelatin, Soy, Yeast, Wheat, Gluten, Milk, Eggs, Peanuts, Tree Nuts, Fish and Shellfish.



FREE

**GELATIN** 



















Strawberry, Papaya

and Super Punch



Servings Per Container 60

Choline (as Choline Bitartrate)

		Ages 2-3 yrs	Ages 4+ yrs
Calories	5		
Total Carbohydrate	2 g	1%**	<1%*
Vitamin A (as Vitamin A Palmitate)	390 mcg	130%	43%
Vitamin C (Ascorbic Acid)	10 mg	67%	11%
Vitamin D3 (as Cholecalciferol)	3 mcg (120 IU	) 20%	15%
Vitamin E (as d-Alpha Tocopherol Acetate)	4 mg	67%	27%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.5 mg	100%	29%
Folate (as Calcium L-5-Methyltetrahydrofolate)	130 mcg DFE	87%	33%
Vitamin B12 (as Methylcobalamin)	2.6 mcg	289%	108%
Biotin	30 mcg	375%	100%
Pantothenic Acid (as Calcium D-Pantothenate)	3 mg	150%	60%
lodine (as Potassium Iodide)	21 mcg	23%	14%
Zinc (as Zinc Citrate)	1 mg	33%	9%

\*Percent Daily Values (DV) are based on a 2000 calorie diet "Percent Daily Values (DV) are based on a 1000 calorie diet. tDaily Value (DV) not established



## **CONTACT US**

We love to hear from our customers. Please feel free to call or email us! WeCare@MaryRuthOrganics.com (310) 955-1353

