

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.



SUGGESTED USE:

Shake well before use. Take once daily following the dosing instructions listed below, or dose as recommended by a physician or healthcare professional. Take in the morning either with food, juice or on an empty stomach. Do not exceed the recommended dose.

Age	Dose
1-3 Years	1/2 Teaspoon (2.5 mL)
4-13 Years	1 Tablespoon (15 mL)
14 Years+	2 Tablespoons (30 mL)

KEEP OUT OF REACH OF CHILDREN

We genuinely care about all our customers. Please consult with a physician or healthcare professional before starting any health supplement, especially if pregnant or lactating, taking medication, or if you have a medical diagnosis. 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

VEGAN

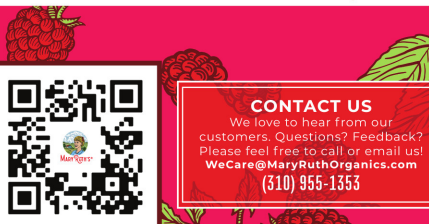
DAIRY
FREE

GLUTEN
FREE

SUGAR
FREE

FAMILY
FRIENDLY

MAY SUPPORT
ENERGY | BEAUTY | IMMUNITY



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

SCAN ME

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

Supplement Facts

Serving Size 1-3 yrs 1/2 tsp (2.5 mL) 4-13 yrs 1 tbsp (15 mL) 14+ yrs 2 tbsp (30 mL)
Servings Per Container 378 64 32

Amount Per Serving	% DV 1-3 yrs	% DV 4-13 yrs	% DV 14+ yrs
Calories	15	30	
Total Carbohydrate	1 g <1%*	4 g 1%*	8 g 3%*
Vitamin A (as Beta Carotene)	90 mcg 28%	500 mcg 56%	1012 mcg 112%
Vitamin C (Ascorbic Acid)	8 mg 51%	45 mg 50%	90 mg 100%
Vitamin D3 (as Cholecalciferol)	1.7 mcg (68 IU) 11%	9.9 mcg (397 IU) 50%	20 mcg (800 IU) 100%
Vitamin E (as D-Alpha Tocopherol)	1.5 mg 25%	8.9 mg 60%	18 mg 120%
Thiamin (as Thiamine Hydrochloride)	0.5 mg 101%	2.97 mg 248%	6 mg 500%
Riboflavin	0.5 mg 110%	3.23 mg 248%	6.5 mg 500%
Niacin (as Niacinamide)	3 mg 43%	18 mg 99%	32 mg 200%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.71 mg 144%	4.22 mg 248%	8.5 mg 500%
Folate (as Calcium Folate)	40 mcg DFE 29%	250 mcg DFE 63%	510 mcg DFE 128%
Vitamin B12 (as Methylcobalamin)	1.01 mcg 113%	5.96 mcg 248%	12 mcg 500%
Biotin (as D-Biotin)	25 mcg 317%	149 mcg 497%	300 mcg 1000%
Pantothenic Acid (as D-Calcium Pantothenate)	0.8 mg 42%	5 mg 99%	10 mg 200%
Choline (as Choline Bitartrate)		10 mg 2%	20 mg 4%
Zinc (as Zinc Citrate)	0.1 mg 3%	0.5 mg 5%	1 mg 9%
Chromium (as Chromium Picolinate)	1.5 mcg 14%	8.9 mcg 26%	18 mcg 51%
Inositol	4 mg †	25 mg †	50 mg †
Hesperidin	0.4 mg †	2.5 mg †	5 mg †
Betaine	0.8 mg †	5 mg †	10 mg †
Methylsulfonylmethane	1 mg †	15 mg †	30 mg †
Trace Minerals (ConcenTrace®)	5 mg †	31 mg †	62 mg †
Proprietary Branched Chain Amino Acid Complex L-Leucine, L-Isoleucine, L-Valine (2:1:1)	2 mg †	12 mg †	25 mg †

*Percent Daily Values (DV) based on a 2,000 calorie diet.
†Percent Daily Values (DV) based on a 1,000 calorie diet.
†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, and Potassium Sorbate.

All ingredients are VEGAN

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

Vegan Vitamin D3 from Lichen.



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