

Why a Liquid Multimineral BEFORE BED?

This Liquid Multimineral contains multiple vitamins and minerals your body needs to support normal sleep regulation, decreasing stress and increasing relaxation.† This formula is designed to support:



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 about 10 min to 1 hour before bed, 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.

This Bottle is BPA FREE. Please Recycle. ♻️



REFRIGERATE AFTER OPENING



MARY RUTH'S®

Liquid Nighttime MULTIMINERAL

VEGAN

DAIRY
FREE

GLUTEN
FREE

SUGAR
FREE

FAMILY
FRIENDLY

MAY SUPPORT
LESS STRESS | SLEEP | RELAXATION †

=Coconut Dream=
Vegan Natural Flavored

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

‡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.

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

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			20	35
Total Carbohydrate	1 g	1%**	5 g	2%**
Vitamin C (Ascorbic Acid)	1 mg	8%	7 mg	8%
Vitamin D3 (as Cholecalciferol) (68 IU)	1.7 mcg	11%	9.9 mcg (397 IU)	20 mcg (800 IU)
Calcium (as Calcium Citrate)	10 mg	1%	60 mg	4%
Magnesium (as Magnesium Citrate)	8 mg	10%	45 mg	11%
Zinc (as Zinc Citrate)	0.67 mg	23%	3.9 mg	36%
Selenium (as Selenium Amino Acid Chelate)	4 mcg	21%	25 mcg	45%
Copper (as Copper Citrate)			0.02 mg	3%
Manganese (as Manganese Citrate)	0.42 mg	35%	2.48 mg	106%
Chromium (as Chromium Polynicotinate)	4.2 mcg	38%	24.8 mcg	71%

Proprietary Blend	10 mg	†	56 mg	†	113 mg	†
Trace Minerals, Methylsulfonylmethane, Silicon Dioxide, Hesperidin (Citrus Bioflavonoids), Boron Citrate						

*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, Glycerin, Natural Flavor, Citric Acid, Xanthan Gum, and Potassium Sorbate.

All Ingredients are VEGAN

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

Vegan Vitamin D3 from lichen.
Trace Minerals from ConcenTrace®.



AL-R-REV-02