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SUGGESTED USE:

Adults, ages 14+, take 2 gummies per day or as recommended by a physician or healthcare professional.
Best taken with food.

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 Xylitol.

Pectin sourced from citrus.
Vegan Vitamin D3 from lichen.
Colors from annatto and black carrot.

VEGAN**PECTIN
BASED**

MARY RUTH'S® MEN'S MULTIVITAMIN GUMMIES

**GLUTEN
FREE****NO
GELATIN****3g**CARB
per serving**0g**SUGAR
per serving**10**CALORIES
per serving**Papaya Orange**

Vegan Natural Flavors

A Dietary Supplement

60 Gummies

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Sugar Alcohol	<1 g	†
Vitamin A (as Retinyl Palmitate)	1046 mcg	116%
Vitamin C (Ascorbic Acid)	26 mg	29%
Vitamin D3 (as Cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as d-Alpha Tocopherol Acetate)	9.8 mg	65%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.38 mg	81%
Folate (as Calcium L-5-Methyltetrahydrofolate)	346 mcg DFE	87%
Vitamin B12 (as Methylcobalamin)	6.8 mcg	283%
Biotin	80 mcg	267%
Pantothenic Acid (as Calcium D-Pantothenate)	6.8 mg	136%
Iodine (as Potassium Iodide)	56 mcg	37%
Zinc (as Zinc Citrate)	3.6 mg	33%
Sodium	15 mg	<1%
Inositol	52 mcg	†
Organic Fruit Blend	25 mg	†
Strawberry, Raspberry, Blueberry, Tart Cherry, Pomegranate, Cranberry, Papaya		

*Percent Daily Values are based on a 2000 calorie diet.
†Daily Value not established.

Other Ingredients: Isomalto-oligosaccharide*, Soluble Tapioca Fiber, Purified Water, Organic Erythritol, Xylitol, Pectin, less than 2% of: Citric Acid, Natural Flavors, Sodium Citrate, Natural Color, Organic Stevia Leaf Extract, Organic Sunflower Oil. *Adds a dietarily insignificant amount of sugar.

All ingredients are VEGAN

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

PRODUCT OF CANADA

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HL-REV-01

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