



### SUGGESTED USE:

Ages 4-12, take 1 gummy up to 2 times per day and ages 13 and up take 1 gummy, up to 4 times per day or as recommended by a physician or healthcare professional.

#### KEEP OUT OF REACH OF CHILDREN

because of accidental overdose or choking.

All children 12 and under, pregnant & lactating women and seniors ages 65+ should always consult with a physician or healthcare professional before using any dietary supplement.

Pectin sourced from citrus.

Sea Buckthorn Berry Powder from SeaBerry®.  
Flax seed and SeaBerry® derived omega fatty acids.

Please Recycle

#### CONTACT US

We love to hear from our customers.

Questions? Feedback?

Please feel free to call or email us!

[WeCare@MaryRuthOrganics.com](mailto:WeCare@MaryRuthOrganics.com)

(310) 955-1353

G-R-REV-01



# MARY RUTH'S® OMEGA 3-6-7-9 GUMMIES



|                                  |                                   |                                     |
|----------------------------------|-----------------------------------|-------------------------------------|
| <b>2g</b><br>CARB<br>per serving | <b>0g</b><br>SUGAR<br>per serving | <b>5</b><br>CALORIES<br>per serving |
|----------------------------------|-----------------------------------|-------------------------------------|

—Peach Mango Apricot—  
Vegan Natural Flavor With Other Natural Flavor

A Dietary Supplement  
120 Gummies

## Supplement Facts

Serving Size 1 Gummy  
Servings Per Container 120

|                              | Amount<br>Per Serving | % DV |
|------------------------------|-----------------------|------|
| Calories                     | 5                     |      |
| Total Carbohydrate           | 2 g                   | <1%* |
| Sodium                       | 5 mg                  | <1%  |
| Flax Seed Oil                | 112.5 mg              | †    |
| Sea Buckthorn Berry Powder   | 67.5 mg               | †    |
| Total Omega Fatty Acids      |                       |      |
| Omega-3 Alpha-Linolenic acid | 54.5 mg               | †    |
| Omega-6 Linoleic acid        | 14.3 mg               | †    |
| Omega-7 Palmitoleic acid     | 7.5 mg                | †    |
| Omega-9 Oleic acid           | 19 mg                 | †    |

\*Percent Daily Values (DV) are based on a 2000 calorie diet

†Daily Value (DV) not established

Other Ingredients: Organic Isomalto-oligosaccharides\*, Purified Water, Organic Erythritol, Pectin, Natural Flavors (Peach Mango Apricot, French Vanilla), Citric Acid, Sodium Citrate, Vitamin C, Lecithin, Monk Fruit 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](http://www.maryruthorganics.com)

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