

Easier absorption and optimal ingredients!
Our liposomal turmeric with omega-3 DHA is formulated to support your overall health and wellness in a more bioavailable and easy-to-take liquid form. This blend includes micelle liposomal curcumin, ginger root oil, and vegan omega-3 (as DHA, docosahexaenoic acid) from sustainably sourced algal oil.



SUGGESTED USE:

Take 1 Tablespoon (15 mL) daily.

Can be taken directly or added to your choice of blended beverage or as a topping on a variety of foods.

Just a heads up: Turmeric is a natural dye and as such the natural yellow-gold pigment of turmeric may stain! Make sure to use caution when taking this product so as to preserve your clothes and surroundings!

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.

NOTE: Herbal supplements may not be appropriate for everyone.

Herbal products may interfere with certain medications or complicate health conditions.

REFRIGERATE AFTER OPENING

Shake Gently Before Using

This Bottle is BPA FREE. Please Recycle. ♻️

SWEET 'N' SNAPPY!



MARY RUTH'S®

TURMERIC & DHA



*Not a low calorie food.

LIPOSOMAL Ultra Absorption Liquid 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

= Orange Ginger =
Vegan Natural Flavors

Net: 15.22 fl oz (450 mL)
A Dietary Supplement

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	80	
Total Fat	5 g	6%*
Polyunsaturated Fat	2 g	±
Monounsaturated Fat	3 g	±
Total Carbohydrate	4 g	1%*
Vitamin E (as D-Alpha Tocopherol)	6.7 mg	45%
Liposomal Proprietary Blend	4 g	±
Organic Sunflower Seed Oil		
Phosphatidylcholine		
Curcumin (Turmeric Rhizome Extract)	520 mg	±
Docosahexaenoic acid (DHA) (Algal Oil)	210 mg	±
Ginger Root Oil	50 mg	±

*Percent Daily Values are based on a 2000 calorie diet.

‡Daily Value not established.

Other Ingredients: Organic Vegetable Glycerin, Purified Water, Orange Flavor, Potassium Bicarbonate, Beta Carotene, Oleic Acid, and Citric Acid.

All ingredients are VEGAN and NO MSG!

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

GOOD TO KNOW:

MaryRuth's uses premium quality ingredients.
Taste may vary from batch to batch.



LEARN MORE



VR-R-REV-01