

Why this form of Iron?

Our Liquid Iron, ferrous bisglycinate chelate, is chelated for enhanced absorption and may be more tolerable than iron salts. It has been found that this form of iron isn't as inhibited when taken alongside food ingredients that typically lessen iron absorption (like polyphenols and phytate). Though there are many forms of iron available when it comes to supplementing, we believe that this form of iron may be the best choice for our customers.

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. Do not exceed the suggested dose.

Age	Dose
4-13 Years	6 mg = 1 tsp (5 mL)
14-18 Years	12 mg = 2 tsp (10 mL)
19-50 Years	18 mg = 1 tbsp (15 mL)
51+ Years	6 mg = 1 tsp (5 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

 Please Recycle.



MARY RUTH'S®

VEGAN

SUGAR
FREE

TASTY!

GLUTEN
FREE

VEGAN LIQUID IRON

= Berry =

Vegan Natural Berry Flavor

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

Supplement Facts

Serving Size	4-13 yrs 1 tsp (5 mL)	14-18 yrs 2 tsp (10 mL)	19-50 yrs 1 tbsp (15 mL)	51+ yrs 1 tsp (5 mL)
Servings Per Container	90	45	30	90
Amount Per Serving	% DV 4-13 yrs	% DV 14-18 yrs	% DV 19-50 yrs	% DV 51+ yrs
Iron (from Ferrous Bisglycinate Chelate)	6 mg 33%	12 mg 67%	18 mg 100%	6 mg 33%

Other Ingredients: Purified Water, Organic Glycerin, Natural Flavors, Citric Acid, Xanthan Gum, Organic Stevia Leaf Extract, and Potassium Sorbate.

Distributed by MRO MaryRuth, LLC
Los Angeles, CA 90035
www.maryruthorganics.com
Iron from Ferrochel®

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



SCAN ME

CONTACT US

We love to hear from our customers.
Questions? Feedback?
Please feel free to call or email us!
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