

2 MONTH SUPPLY

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SUGGESTED USE:

Ages 2+ can take 1 gummy per day or as recommended by a physician or healthcare professional.

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.

Pectin sourced from citrus.
Vegan Vitamin D3 derived from lichen.

VEGAN

NO
GELATIN

25 mcg
VITAMIN
D3
per 1 gummy



MARY RUTH'S®
**VITAMIN
D3+B12
GUMMIES**

GLUTEN
FREE

PECTIN
BASED

250 mcg
VITAMIN
B12
per 1 gummy

Supplement Facts

Serving Size 1 Gummy

Servings Per Container 60

	Amount Per Serving	% DV	% DV for ages 2-3 yrs
Total Carbohydrate	2 g	<1%*	1%**
Vitamin D3 (as Cholecalciferol)	25 mcg (1000 IU)	125%	167%
Vitamin B12 (as Methylcobalamin)	250 mcg	10417%	27778%
Sodium	5 mg	<1%	<1%

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

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Other Ingredients: Organic Isomaltol-oligosaccharides*, Purified Water, Organic Erythritol, Pectin; less than 2% of Citric Acid, Natural Raspberry Flavor, Sodium Citrate, Organic Fruit Powder Blend (Strawberry, Blueberry, Raspberry, Tart Cherry, Pomegranate, Cranberry, Orange, Lemon), Organic Stevia Leaf Extract, and Organic Sunflower Oil. *Adds a dietarily insignificant amount of sugar.

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

Raspberry

Vegan Natural Flavor

A Dietary Supplement

60 Gummies

SUGAR
FREE

All Ingredients are VEGAN

Distributed by MRO MaryRuth, LLC

Los Angeles, CA 90035

www.maryruthorganics.com

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