Support energy, cognitive health, immune function and overall wellness! With nutrients encapsulated in liposomes, this delicious & easy-to-take liquid is formulated for ultra absorption.

What is liposomal delivery and how does it work?

Liposomal supplements may improve and increase the amount of nutrients the body absorbs. The vitamins or other nutrients are encapsulated in a double-layer of very tiny, fat-like cells called liposomes (hence the name). Liposomes are made from the same material as the primary building block of cell membranes (phospholipids). Because the nutrients are wrapped in the same material as our cell membranes, they are able to pass through the gut lining into the bloodstream, where they can then be delivered to where the nutrients are most needed. This is called "bioavailability" – the amount of nutrients that are actually absorbed and utilized by the body.

‡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.

LEARN MORE

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

SINGLE SERVE POUCHES

MARY RUTH'S®

USDA ORGANIC

ORGANIC MEN'S MULTIVITAMIN

LIPOSOMAL

Ultra Absorption
Liquid Supplement

VANILLA PEACH
Organic Natural Flavors

ENERGY SUPPORT‡ | COGNITIVE FUNCTION‡ | IMMUNE SUPPORT‡

Dietary Supplement
14 - 0.5 fl oz (15 mL) Pouches

NON-GMO | VEGAN | NO MSG

SUGAR FREE*
*Not a low calorie food

Broad Spectrum Multivitamin with Liposomal Technology

SUGGESTED USE

Adults, take a whole pouch (15 mL) daily. Can be taken directly or added to your choice of blended beverage or as a topping on a variety of foods.
Do not exceed the recommended dose.

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.

3 WAYS TO ENJOY!

Taken directly from pouch

Added to your choice of blended beverage

As a topping on a variety of foods

Supplement Facts

Serving Size 1 Pouch (15 mL)
Servings Per Container 14

Amount Per Serving	% DV
Calories 70	
Total Fat 5 g	6%*
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 4 g	†
Total Carbohydrate 6 g	2%*
Vitamin A (as Retinyl Palmitate) 900 mcg	100%
Vitamin D (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as D-Alpha Tocopherol) 7 mg	47%
Thiamin (as Thiamine) 1 mg	83%
Riboflavin 8.5 mg	654%
Niacin (as Niacinamide) 10 mg	63%
Vitamin B6 (as Pyridoxine Hydrochloride) 1.3 mg	76%
Folate (as L-Methylfolate Calcium) 250 mcg DFE	63%
Vitamin B12 (as Methylcobalamin) 3 mcg	125%
Biotin 150 mcg	500%
Pantothenic Acid 5 mg	100%
Liposomal Proprietary Blend 4.5 g	†
Organic Sunflower Seed Oil (Organic Phosphatidylcholine, Organic Phosphatidylinositol, Organic Phosphatidylethanolamine, Organic Sterols)	
Proprietary Botanical Blend 1 g	†
Organic Elder Berry Concentrate, Organic Goji Berry Extract, Organic Ashwagandha Root Extract, Organic Maca Root Extract	
Total Omega Fatty Acids 900 mg	†
Omega-3 Docosahexaenoic Acid 100 mg (from Algal Oil)	†
Omega-9 Oleic Acid 800 mg (from Sunflower Seed Extract)	†

†Daily Value (DV) not established.
*Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Organic Glycerin, Purified Water, Organic Natural Peach Flavor, and Organic Vanilla Flavor.

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

All ingredients are VEGAN and NON-GMO. NO MSG!

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