



MARYRUTH'S®



ORGANIC MEN'S

MULTIVITAMIN

LIPOSOMAL

Ultra Absorption
Liquid Supplement



**ENERGY
SUPPORT†**



**COGNITIVE
FUNCTION†**



**IMMUNE
SUPPORT†**

== VANILLA PEACH ==
Organic Natural Flavors

Dietary Supplement

0.5 fl oz (15 mL)

Supplement Facts

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

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.



VR-U-REV-01

†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.

Other Ingredients: Organic Glycerin, Purified Water, Organic Natural Peach Flavor, and Organic Vanilla Flavor.
Distributed by MRG MaryRuth, LLC | Los Angeles, CA 90035 | www.maryruthorganics.com | (310) 955-1353
Certified Organic by Organic Certifiers