

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.)



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



ENERGY
SUPPORT



COGNITIVE
FUNCTION



IMMUNE
SUPPORT

Dietary Supplement

14 - 0.5 fl oz (15 mL) Pouches

VANILLA PEACH
Organic Natural Flavors



MARYRUTH'S
ORGANIC WOMEN'S MULTIVITAMIN LIPOSOMAL
Ultra Absorption Liquid Supplement



SINGLE
SERVE
POUCHES



NON-GMO



VEGAN



NO MSG

SUGAR
FREE*

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	9%
Polyunsaturated Fat 1 g	1
Monounsaturated Fat 4 g	1
Total Carbohydrate 8 g	2%
Vitamin A (as Retinyl Palmitate) 1000 mcg	111%
Vitamin D (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as D-Alpha Tocopherol) 7 mg	47%
Thiamin (as Thiamine) 0.8 mg	50%
Riboflavin 0.5 mg	85%
Niacin (as Nicotinamide) 1.3 mg	49%
Vitamin B6 (as Pyridoxine Hydrochloride) 1.3 mg	75%
Folate (as L-Methylfolate Calcium) 250 mcg DFE	50%
Vitamin B12 (as Methylcobalamin) 2.5 mcg	104%
Biotin 300 mcg	1000%
Pantothenic Acid 5 mg	100%
Liposomal Proprietary Blend 3.7 g	†
Organic Sunflower Seed Oil (Organic)	
Phosphatidylcholine, Organic Phosphatidylinositol,	
Organic Phosphatidylethanolamine, Organic Sterols)	
Proprietary Botanical Blend 1 g	†
Organic Common Yam Tuber Extract, Organic Goji	
(Lycium barbarum) Berry Extract, Organic	
Ashwagandha Root Extract, Organic Maca Root	
Extract	
Omega-3 Docosahexaenoic Acid 100 mg	†
(from Algal Oil)	

*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 MRD 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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