



MARY RUTH'S®



ORGANIC WOMEN'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) 1000 mcg	111%
Vitamin D (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as D-Alpha Tocopherol) 7 mg	47%
Thiamin (as Thiamine) 0.6 mg	50%
Riboflavin 8.5 mg	654%
Niacin (as Niacinamide) 7.9 mg	49%
Vitamin B6 (as Pyridoxine Hydrochloride) 1.3 mg	76%
Folate (as L-Methylfolate Calcium) 250 mcg DFE	63%
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.



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†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 Mito MaryRuth, LLC | Los Angeles, CA 90035 | www.maryruthorganics.com | (310) 955-1553
Certified Organic by Organic Certifiers