

2 MONTH SUPPLY

SUGGESTED USE:

Adults, take 1 gummy per day or as recommended by a physician or healthcare professional.
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.

†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.

VEGAN

METHYLATED
FOLATE

METHYLATED
B12



MARY RUTH'S®

BIOTIN
Hair¹ | Skin¹ | Nails¹
GUMMIES

PECTIN
BASED

FO-TI
EXTRACT

SUGAR
FREE

2 MONTH SUPPLY

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 60

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	1%*
Methylated Folate (as Calcium L-5-Methyltetrahydrofolate)	250 mcg DFE	63%
Vitamin B12 (as Methylcobalamin)	425 mcg	17,708%
Biotin	2,500 mcg	8,333%
Zinc (as Zinc Citrate)	10 mg	91%
Sodium	10 mg	<1%

Fo-Ti (*Polygonum multiflorum*) 5 mg †
Root Extract (12:1) (Equivalent to 60 mg Fo-Ti Root)

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.



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

Goji Berry
Vegan Natural Flavor
Dietary Supplement
60 Gummies

Other Ingredients: Organic Isomalt-oligosaccharides*, Purified Water, Organic Erythritol, Pectin, Citric Acid, Organic Fruit Powder Blend (Strawberry, Blueberry, Raspberry, Tart Cherry, Pomegranate, Cranberry, Blackberry), Natural Flavor, Sodium Citrate, Black Carrot Powder, Organic Stevia Leaf Extract (Rebaudioside A), and Organic Sunflower Oil. *Adds a dietary insignificant amount of sugar.

Distributed by MRB MaryRuth, LLC | Los Angeles, CA 90035
www.maryruthorganics.com

PRODUCT OF CANADA

All Ingredients are VEGAN

HL-U-REV-03