

Why a Liquid Multivitamin?

Though we believe in a diet-first approach to health, not everyone gets the essential vitamins and nutrients that are needed from diet alone. Our liquid multivitamin is in an easy-to-take formula.



SUGGESTED USE:

Shake well before use. Take once daily following the dosing instructions listed below, or dose as recommended by a physician or healthcare professional. Take in the morning either with food, juice or on an empty stomach. Do not exceed the recommended dose.

Age	Dose
1-3 Years	1/2 Teaspoon (2.5 mL)
4-13 Years	1 Tablespoon (15 mL)
14 Years+	2 Tablespoons (30 mL)

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.

REFRIGERATE AFTER OPENING

Shake Well Before Using

Use within 6 months of opening

†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.

This Bottle is BPA FREE.



MARY RUTH'S® Liquid Morning MULTIVITAMIN

VEGAN

DAIRY
FREE

GLUTEN
FREE

SUGAR
FREE

FAMILY
FRIENDLY

MAY SUPPORT
ENERGY+ | BEAUTY+ | IMMUNITY+

= Raspberry =
Vegan Natural Raspberry Flavored
with Other Natural Flavor

32 fl oz (1 Quart) 946 mL
Dietary Supplement

Supplement Facts

Serving Size	1/3 yrs 1/2 tsp (2.5 mL)	4-13 yrs 1 tsp (5 mL)	14+ yrs 2 tsp (30 mL)
Servings Per Container	About 378	About 63	About 32

	Amount Per Serving	% DV for 1-3 yrs	% DV for 4-13 yrs	% DV for 14+ yrs
Calories		15	30	
Total Carbohydrate	1 g	1%*	4 g	8 g 3%*
Vitamin A (as Beta Carotene)	80 mcg	27%	510 mcg	57% 1010 mcg 112%
Vitamin C (Ascorbic Acid)	8 mg	50%	45 mg	50% 90 mg 100%
Vitamin D (as Cholecalciferol)	1.7 mcg (68 IU)	11%	10 mcg (400 IU)	50% 20 mcg (800 IU) 100%
Vitamin E (as D-Alpha Tocopherol)	1.5 mg	25%	9 mg	60% 18 mg 120%
Thiamin (as Thiamine Hydrochloride)	0.5 mg	100%	3 mg	250% 6 mg 500%
Riboflavin	0.54 mg	106%	3.25 mg	250% 6.5 mg 500%
Niacin (as Nicotinamide)	2.7 mg	45%	18 mg	100% 30 mg 200%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.71 mg	142%	4.25 mg	250% 8.5 mg 500%
Folate (as Calcium L-5-Methyltetrahydrofolate)	45 mcg DFE	29%	255 mcg DFE	64% 510 mcg DFE 126%
Vitamin B12 (as Methylcobalamin)	1 mcg	111%	6 mcg	250% 12 mcg 500%
Biotin (as D-Biotin)	25 mcg	313%	150 mcg	500% 300 mcg 1000%
Pantothenic Acid (as D-Calcium Pantothenate)	5.8 mg	40%	5 mg	100% 10 mg 200%
Choline (as Choline Bitartrate)			10 mg	2%
Zinc (as Zinc Citrate)	0.1 mg	3%	0.5 mg	5%
Chromium (as Chromium Picolinate)	1.5 mcg	14%	9 mcg	26%
Inositol	4.2 mg	†	25 mg	†
Methylsulfonylmethane	2.5 mg	†	15 mg	†
Proprietary Branched Chain Amino Acid Complex	2.1 mg	†	13 mg	†
L-Leucine, L-Isoleucine, L-Valine				
Betaine	0.6 mg	†	5 mg	†
Hesperidin	0.4 mg	†	3 mg	†

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

†Percent Daily Values (DV) are based on a 1,000 calorie diet.

‡Daily Value (DV) not established.

Other Ingredients: Purified Water, Vegetable Glycerin, Natural Raspberry Flavor, Xanthan Gum, Evaporated Sea Water, Cranberry Extract, Organic Aloe Vera Extract, Organic Noni Juice, and Potassium Sorbate.

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

All Ingredients are VEGAN

Vegan Vitamin D3 from Lichen.
Evaporated Sea Water with Naturally Occurring Trace Minerals.



LEARN MORE

CONTACT US

We love to hear from our customers.
Questions? Feedback?
Please feel free to call or email us!
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