

Why a Liquid Multimineral BEFORE BED?
This Liquid Multimineral contains multiple vitamins and minerals your body needs to support normal sleep regulation, decreasing stress and increasing relaxation.† This formula is designed to support:



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 about 10 min to 1 hour before bed, 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.

This Bottle is BPA FREE. Please Recycle.

†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

REFRIGERATE AFTER OPENING



MARY RUTH'S®

Liquid Nighttime MULTIMINERAL

VEGAN

DAIRY
FREE

GLUTEN
FREE

SUGAR
FREE

FAMILY
FRIENDLY

MAY SUPPORT

LESS STRESS[†] | SLEEP[†] | RELAXATION[†]

=Coconut Dream=

Vegan Natural 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 tbsp (15 mL) 14+ yrs 2 tbsp (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	20		35		35	
Total Carbohydrate	1 g	<1%*	5 g	2%*	9 g	3%*
Vitamin C (Ascorbic Acid)	1 mg	7%	5 mg	8%	15 mg	17%
Vitamin D (as Cholecalciferol)	1.7 mcg (68 IU)	11%	10 mcg (400 IU)	50%	20 mcg (800 IU)	100%
Calcium (as Calcium Citrate)		60 mg	5%	120 mg	9%	
Magnesium (as Magnesium Citrate)	10 mg	13%	45 mg	11%	95 mg	23%
Zinc (as Zinc Citrate)	0.7 mg	23%	3.9 mg	35%	8 mg	73%
Selenium (as Selenium Amino Acid Chelate)	4 mcg	20%	25 mcg	45%	50 mcg	91%
Copper (as Copper Citrate)		0.02 mg	2%	0.05 mg	6%	
Manganese (as Manganese Citrate)	0.42 mg	35%	2.48 mg	108%	5 mg	217%
Chromium (as Chromium Polynicotinate)	4.2 mcg	38%	24.8 mcg	71%	50 mcg	143%

Proprietary Blend 6 mg † 33 mg † 67 mg †
Methylsulfonylmethane, Silicon Dioxide, Hesperidin, Boron Citrate

*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, Glycerin, Natural Flavor, Citric Acid, Xanthan Gum, Potassium Sorbate, and Evaporated Sea Water.

Distributed by MRO 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.



AL-R-REV-03