

SUGGESTED USE:

Ages 4-12, take 1 gummy up to 2 times per day and ages 13 and up take 1 gummy, up to 4 times 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.

Sea Buckthorn Berry from SeaBerry®.
Flax seed and SeaBerry® derived omega fatty acids.

VEGAN

NO
GELATIN

DELICIOUS!



MARY RUTH'S® OMEGA 3-6-7-9 GUMMIES

PECTIN
BASED

GLUTEN
FREE

SUGAR
FREE

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 120

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	1%*
Vitamin C (Ascorbic Acid)	11 mg	12%
Sodium	10 mg	<1%
Flax Seed Oil	110 mg	†
Sea Buckthorn Berry	66 mg	†
Total Omega Fatty Acids	95.25 mg	†
Omega-3 Alpha-Linolenic Acid	54.5 mg	†
Omega-6 Linoleic Acid	14.25 mg	†
Omega-7 Palmitoleic Acid	7.5 mg	†
Omega-9 Oleic Acid	19 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value (DV) not established.

Other Ingredients: Organic Isomaltol-oligosaccharides*, Purified Water, Organic Erythritol, Pectin, Natural Flavors; less than 2% of: Citric Acid, Sodium Citrate, Lecithin, Organic Sunflower Oil, and Monk Fruit Extract. *Adds a dietarily insignificant amount of sugar.

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

HL-R-REV-01

Vegan Natural
— Peach Mango Apricot —
Flavored with Other Natural Flavor

Dietary Supplement
120 Gummies

Distributed by MRD MaryRuth, LLC
Los Angeles, CA 90035
www.maryruthorganics.com
PRODUCT OF CANADA

All Ingredients are VEGAN