

2 MONTH SUPPLY

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SUGGESTED USE:

Ages 2+, 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.

THIS PRODUCT IS MADE WITHOUT:
Gelatin, Peanuts, Tree Nuts, Fish, Shellfish, Gluten, Milk, Eggs, Soy, Sesame, Mustard, and Sulphites.

Pectin sourced from citrus.
Vegan Vitamin D3 derived from lichen.

VEGAN

NO
GELATIN

25 mcg
VITAMIN
D3
per 1 gummy



MARY RUTH'S® VITAMIN D3+B12 GUMMIES

GLUTEN
FREE

PECTIN
BASED

250 mcg
VITAMIN
B12
per 1 gummy

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 60

	Amount Per Serving	% DV for 2-3 Years	% DV for 4+ Years
Total Carbohydrate	2 g	1%**	1%*
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU)	167%	125%
Vitamin B12 (as Methylcobalamin)	250 mcg	27,778%	10,417%
Sodium	5 mg	<1%	<1%

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

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

Other Ingredients: Organic Isomalt-alpha-glucosaccharides*, Purified Water, Organic Erythritol, Pectin; less than 2% of Citric Acid, Natural Flavor, Sodium Citrate, Organic Fruit Powder Blend (Strawberry, Blueberry, Raspberry, Tart Cherry, Pomegranate, Cranberry, Orange, Lemon), Organic Stevia Leaf Extract (Rebaudioside A), and Organic Sunflower Oil. *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

= Raspberry =
Vegan Natural Flavor

Dietary Supplement
60 Gummies

SUGAR
FREE

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

PRODUCT OF CANADA

All Ingredients are VEGAN

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