



MARY RUTH'S®

WOMEN'S

MULTIVITAMIN

+ Hair Growth[‡]

CLINICALLY SHOWN TO:

✓ HELP GROW THICKER, FULLER HAIR[‡]

✓ IMPROVE WRINKLES & FINE LINES[‡]

✓ SUPPORT HEALTHY SKIN[‡]

LIPOSOMAL

Ultra Absorption[‡]

Liquid Supplement

= Peach =

Dietary Supplement

15.22 fl oz (450 mL)

Supplement Facts

Serving Size 1 tablespoon (15 mL)
Servings Per Container About 30

	Amount	% DV for Per Serving 18+ Years
Calories	70	
Total Fat	5 g	6%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	4 g	†
Total Carbohydrate	6 g	2%*
Vitamin A (as Retinyl Palmitate)	500 mcg	56%
Vitamin D3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as D-Alpha Tocopherol)	7 mg	47%
Thiamin (as Thiamine Hydrochloride)	0.6 mg	50%
Riboflavin	8.5 mg	654%
Niacin (as Niacinamide)	7.9 mg	50%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.3 mg	76%
Folate (as Calcium L-5-Methyltetrahydrofolate)	250 mcg DFE	63%
Vitamin B12 (as Methylcobalamin)	2.5 mcg	104%
Biotin (as Magnesium Biotinate)	10,000 mcg	33,333%
Pantothenic Acid (as D-Calcium Pantothenate)	5 mg	100%
Chromium (as Chromium Picolinate)	1,000 mcg	2,857%
Liposomal Proprietary Blend	3.7 g	†
Organic Sunflower Seed Oil (Organic Phosphatidylcholine, Organic Phosphatidylinositol, Organic Phosphatidylethanolamine, Organic Sterols)		
Proprietary Extract Blend	955 mg	†
Chinese Yam Root, Goji (<i>Lycium barbarum</i>) Berry, Ashwagandha Root, Maca Root, and Sunflower Seed		
Lustriva® (Inositol-stabilized Arginine Silicate, Magnesium Biotinate)	160 mg	†

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

†Daily Value (DV) not established.

Other Ingredients: Vegetable Glycerin, Purified Water, Peach Powder, and Vanilla Extract

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

All Ingredients are VEGAN and NO MSG!



LEARN MORE



VR-U-REV-03

This delicious, easy-to-take formula has herbs, essential vitamins, and more to support your overall health, hair growth process, and skin. This liposomal delivery method offers ultra absorption to have you feeling peachy keen!



SUGGESTED USE:

Adults 18+, take 1 tablespoon (15 mL) daily.
Can be taken directly or added to your choice of blended beverage or as a topping on a variety of foods.
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.

This product contains Biotin which may interfere with some blood test results.

For optimal flavor and product performance, we recommend refrigeration before and after opening.

Shake Gently Before Using

This Bottle is BPA FREE.

Lustriva®

Lustriva®, including the Lustriva® logo, is a registered trademark of Nutrition21, LLC. Lustriva® is patent protected.

†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!
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