

SUGAR FREE

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SUGGESTED USE:

Ages 14+, take 2 gummies daily or as recommended by a physician or healthcare professional. Best taken with food.
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.

Warning: Xylitol is harmful to pets. Seek immediate veterinary care if you suspect ingestion has occurred.

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

Connect With Us!

@maryruthorganics

www.maryruthorganics.com

Text our Care Team: (310) 955-1353

VEGAN

PECTIN
BASED

GLUTEN
FREE

NO
GELATIN

MARY RUTH'S®
MEN'S
MULTIVITAMIN
GUMMIES

= Papaya Orange =
Flavored with Other Natural Flavor

Dietary Supplement
60 Gummies

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

	Amount Per Serving	% DV for 14+ Years
Calories	10	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Sugar Alcohol	<1 g	†
Vitamin A (as Retinyl Palmitate)	1,050 mcg	116%
Vitamin C (Ascorbic Acid)	26 mg	29%
Vitamin D (as Cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as D-Alpha Tocopherol Acetate)	9.8 mg	65%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.38 mg	81%
Folate (as Calcium L-5-Methyltetrahydrofolate)	345 mcg DFE	87%
Vitamin B12 (as Methylcobalamin)	6.8 mcg	283%
Biotin (as D-Biotin)	80 mcg	267%
Pantothenic Acid (as Calcium D-Pantothenate)	6.8 mg	136%
Iodine (as Potassium Iodide)	56 mcg	37%
Zinc (as Zinc Citrate)	3.6 mg	33%
Sodium	15 mg	<1%
Organic Fruit Blend	25 mg	†
Papaya Fruit, Strawberry Fruit, Raspberry Fruit, Blueberry Fruit, Tart Cherry Fruit, Pomegranate Fruit, Cranberry Fruit		
Inositol	52 mcg	†

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

†Daily Value (DV) not established.

Other Ingredients: Isomaltol-oligosaccharides*, Soluble Tapioca Fiber, Purified Water, Xylitol, Organic Erythritol, Pectin; less than 2% of: Citric Acid, Natural Flavors, Sodium Citrate, Vegetable Juice Color, Annatto Extract Color, and Organic Rebhaudioside A.

*Adds a dietarily insignificant amount of sugar.

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

All Ingredients are VEGAN

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