

SUGAR FREE

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SUGGESTED USE:

Ages 4-12, take 1 gummy up to 2 times daily and ages 13 and up take 1 gummy, up to 4 times daily 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 Puredia SeaBerry™
Flax seed and Puredia SeaBerry™ derived omega fatty acids.



Puredia SeaBerry™ is a product of Puredia, Irvine, California

Connect With Us!

@maryruthorganics

www.maryruthorganics.com

Text Our Care Team: (310) 955-1353



MARYRUTH'S®
OMEGA
3-6-7-9
GUMMIES

VEGAN

GLUTEN
FREE

NO
GELATIN

PECTIN
BASED

= Peach Mango Apricot =
Flavored with Other Natural Flavor

Dietary Supplement
120 Gummies

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 120

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (Ascorbic Acid)	11 mg	12%
Sodium	5 mg	<1%
Flax Seed Oil	110 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	†
Sea Buckthorn Berry Powder	66 mg	†

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

†Daily Value (DV) not established.

Other Ingredients: Organic Isomalto-oligosaccharides*, Purified Water, Organic Erythritol, Pectin, Natural Flavors; less than 2% of: Citric Acid, Sodium Citrate, Sunflower Lecithin, and Monk Fruit Extract. *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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