

2 MONTH SUPPLY

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SUGGESTED USE:

Adults, take 1 gummy 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.

NOTE: Herbal supplements may not be appropriate for everyone. Herbal products may interfere with certain medications or complicate health conditions.

THIS PRODUCT IS MADE WITHOUT:

Gelatin, Peanuts, Tree Nuts, Fish, Shellfish, Gluten, Milk, Eggs, Soy, and Sesame.

VEGAN

METHYLATED
FOLATE
& B12



MARY RUTH'S®

BIOTIN
Hair[†] | Skin[†] | Nails[†]
GUMMIES

FO-TI
EXTRACT

SUGAR
FREE

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 60

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	1%*
Folate	250 mcg DFE	63%
(as Calcium L-5-Methyltetrahydrofolate)		
Vitamin B12 (as Methylcobalamin)	425 mcg	17,708%
Biotin (as D-Biotin)	2,500 mcg	8,333%
Zinc (as Zinc Citrate)	10 mg	91%
Sodium	5 mg	<1%
Fo-Ti (Polygonum multiflorum)	5 mg	†
Root Extract (12:1) (Equivalent to 60 mg Fo-Ti Root)		

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

Connect With Us!

@maryruthorganics

www.maryruthorganics.com

Text Our Care Team: (310) 955-1353

†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.

Goji Berry
Flavored

Dietary Supplement
60 Gummies

Other Ingredients: Organic Isomalto-oligosaccharides*, Soluble Tapioca Fiber, Purified Water, Organic Erythritol, Pectin; less than 2% of: Citric Acid, Organic Fruit Powder Blend (Strawberry Fruit, Raspberry Fruit, Blueberry Fruit, Tart Cherry Fruit, Pomegranate Fruit, Cranberry Fruit), Natural Flavor, Sodium Citrate, Vegetable Juice Color, and Organic Rebudioside A. *Adds a dietarily insignificant amount of sugar.

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

All Ingredients are VEGAN