

Why a Liquid Multimineral BEFORE BED?

This Liquid Multimineral contains multiple vitamins and minerals your body needs to support relaxation, bone health, and normal sleep regulation.† This formula is designed to support:



SUGGESTED USE:

Shake well before use. Take once daily following the dosing instructions listed below, or dose as recommended by a physician or healthcare professional. Take about 10 min to 1 hour before bed, either with food, juice or on an empty stomach.

Do not exceed the recommended dose.

Age	Dose
1-3 Years	1/2 teaspoon (2.5 mL)
4-13 Years	1 tablespoon (15 mL)
14+ Years	2 tablespoons (30 mL)

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.

REFRIGERATE AFTER OPENING

Shake Well Before Using

Use within 6 months of opening.

This Bottle is BPA FREE.

‡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.

Connect With Us!

@maryruthorganics

www.maryruthorganics.com

Text our Care Team: (310) 955-1353

REFRIGERATE AFTER OPENING



MARY RUTH'S®

Liquid Nighttime MULTIMINERAL

VEGAN

DAIRY
FREE

GLUTEN
FREE

SUGAR
FREE

FAMILY
FRIENDLY

MAY SUPPORT

SLEEP‡ | RELAXATION‡ | BONE HEALTH‡

= Coconut Dream =

Vegan Natural Flavored
with Other Natural Flavor

Dietary Supplement

32 fl oz (1 Quart) 946 mL

Supplement Facts

Serving Size	1-3 Years 1/2 tsp (2.5 mL)	4-13 Years 1 tbsp (15 mL)	14+ Years 2 tbsp (30 mL)
Servings Per Container	About 378	About 63	About 32

	Amount Per Serving	% DV for 1-3 Years	% DV for 4-13 Years	% DV for 14+ Years
Calories			20	35
Total Carbohydrate	1 g	1%**	5 g	2%*
Vitamin C (Ascorbic Acid)	1 mg	8%	8 mg	8%
Vitamin D (as Cholecalciferol) (68 IU)	1.7 mcg	11%	10 mcg (400 IU)	50%
Calcium (as Calcium Citrate)			60 mg	5%
Magnesium (as Magnesium Citrate)	10 mg	10%	50 mg	11%
Zinc (as Zinc Citrate)	0.7 mg	22%	4 mg	36%
Selenium (as Selenium Amino Acid Chelate)	4 mcg	21%	25 mcg	45%
Copper (as Copper Citrate)			0.03 mg	3%
Manganese (as Manganese Citrate)	0.42 mg	35%	2.5 mg	109%
Chromium (as Chromium Polynicotinate)	4.2 mcg	38%	25 mcg	71%

Proprietary Blend 5.6 mg † 34 mg † 67 mg †
Methylsulfonylmethane, Silicon Dioxide, Hesperidin, Boron Citrate

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

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

†Daily Value (DV) not established.

Other Ingredients: Purified Water, Vegetable Glycerin, Natural Flavors, Citric Acid, Xanthan Gum, Potassium Sorbate (to preserve freshness), and Evaporated Sea Water.

Distributed by MRO MaryRuth, LLC | Los Angeles, CA 90035

www.maryruthorganics.com

All Ingredients are VEGAN

Vegan Vitamin D3 from Lichen.
Evaporated Sea Water with Naturally Occurring Trace Minerals.



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