

Support energy, immune function and overall wellness! With nutrients encapsulated in liposomes, this delicious & easy-to-take liquid is formulated for ultra absorption.†

What is Micelle Liposomal delivery?

This is the delivery mechanism for our current liposomal products. Depending on the product, vitamins or other nutrients are encapsulated into nano-sized micelles which are then enveloped into liposomes. The liposomal structures allow the encapsulated substances they are delivering to be absorbed more efficiently by the gut.‡

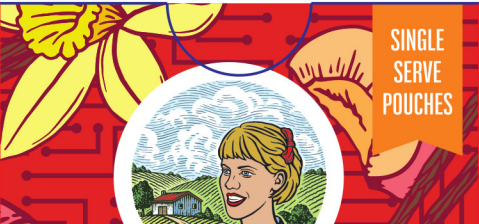
‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

LEARN MORE



CONTACT US

We love to hear from our customers. Questions? Feedback? Please feel free to call or email us! WeCare@MaryRuthOrganics.com (310) 955-1353



MARY RUTH'S®
ORGANIC MEN'S MULTIVITAMIN LIPOSOMAL
Ultra Absorption[†] Liquid Supplement

Organic Natural
= VANILLA PEACH =
Flavored

**ENERGY SUPPORT[†]**

**OVERALL WELLNESS[†]**

**IMMUNE SUPPORT[†]**

Dietary Supplement
14 - 0.5 fl oz (15 mL) Pouches | (Net Wt. 7 fl oz (210 mL))



MARY RUTH'S®
ORGANIC MEN'S MULTIVITAMIN LIPOSOMAL
Ultra Absorption[†] Liquid Supplement

Broad Spectrum Multivitamin with Liposomal Technology

SUGAR FREE*
*Not a low calorie food

SUGGESTED USE

Adults 18+, take a whole pouch (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.

3 WAYS TO ENJOY!

**Taken directly from pouch**

**Added to your choice of blended beverage**

**As a topping on a variety of foods**

Supplement Facts

Serving Size 1 Pouch (15 mL)
Servings Per Container 14

Amount Per Serving	% DV for 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) 900 mcg	100%
Vitamin D (as Cholecalciferol) 25 mcg (1,000 IU)	125%
Vitamin E (as D-Alpha Tocopherol) 7 mg	47%
Thiamin (as Thiamine Hydrochloride) 1 mg	83%
Riboflavin 8.5 mg	654%
Niacin (as Niacinamide) 10 mg	63%
Vitamin B6 (as Pyridoxine Hydrochloride) 1.3 mg	76%
Folate (as L-Methylfolate Calcium) 250 mcg DFE	63%
Vitamin B12 (as Methylcobalamin) 3 mcg	125%
Biotin 150 mcg	500%
Pantothenic Acid 5 mg	100%
Liposomal Proprietary Blend 4.5 g	†
Organic Sunflower Seed Oil (Organic)	
Phosphatidylcholine, Organic Phosphatidylinositol,	
Organic Phosphatidylethanolamine, Organic Sterols)	
Proprietary Botanical Blend 1 g	†
Organic European Elder Berry Concentrate, Organic	
Lycium Berry Extract, Organic Ashwagandha Root	
Extract, Organic Maca Root Extract	
Total Omega Fatty Acids 900 mg	†
Omega-3 Docosahexaenoic Acid 100 mg	†
(from Algal Oil)	
Omega-9 Oleic Acid 800 mg	†
(from Sunflower Seed Extract)	

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

Other Ingredients: Organic Glycerin, Purified Water, Organic Natural Peach Flavor, and Organic Natural Vanilla Flavor.

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

All Ingredients are VEGAN and NON-GMO. NO MSG!



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VR-U-REV-03

Organic Natural
= VANILLA PEACH =
Flavored



**USDA ORGANIC**

**NON-GMO**

**VEGAN**

**NO MSG**

SINGLE SERVE POUCHES