



MARY RUTH'S®



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



ENERGY
SUPPORT[†]



OVERALL
WELLNESS[†]



IMMUNE
SUPPORT[†]

Organic Natural
= VANILLA PEACH =
Flavored

Dietary Supplement

0.5 fl oz (15 mL)

Supplement Facts

Serving Size 1 Pouch (15 mL)

Servings Per Container 1

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.



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VR-U-REV-03

#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.

Other Ingredients: Organic Glycerin, Purified Water, Organic Natural Peach Flavor, and Organic Natural Vanilla Flavor.
Distributed by MRQ Maryland, LLC | Los Angeles, CA 90035 | www.maryruthorganics.com | (310) 955-1355
Certified Organic by Organic Certifiers