

Ultra absorption and optimal ingredients! Our liposomal turmeric with omega-3 DHA is formulated to support your overall health and wellness in a more bioavailable and easy-to-take liquid form.† This blend includes micelle liposomal curcumin, ginger root oil, and vegan omega-3 (as DHA, docosahexaenoic acid) from sustainably sourced algal oil.



**Vitamin E

SUGGESTED USE:

Adults 14+, take 1 tablespoon (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.**

IMPORTANT: Turmeric is a natural dye and as such the natural yellow-gold pigment of turmeric may stain! Make sure to use caution when taking this product so as to preserve your clothes and surroundings!

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.

For optimal flavor, consume chilled.
Refrigerate after opening.

Shake Gently Before Using.

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

SWEET N' SNAPPY!



MARY RUTH'S® TURMERIC & DHA



*Not a low calorie food.

LIPOSOMAL Ultra Absorption† Liquid Supplement

Supplement Facts

Serving Size 1 tablespoon (15 mL)
Servings Per Container About 30

	Amount Per Serving	% DV for 14+ Years
Calories	80	
Total Fat	5 g	6%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Total Carbohydrate	4 g	1%*
Vitamin E (as D-Alpha Tocopherol)	6.7 mg	45%
Liposomal Proprietary Blend	4 g	†
Organic Sunflower Seed Oil		
Phosphatidylcholine		
Curcumin (from Turmeric Rhizome Extract)	520 mg	†
Omega-3 Docosahexaenoic Acid (from Algal Oil)	210 mg	†
Ginger Root Oil	50 mg	†

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

Other Ingredients: Organic Vegetable Glycerin, Purified Water, Natural Flavor, Beta Carotene Color, Potassium Bicarbonate; less than 1.5% of: Oleic Acid, and Citric Acid.

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

All Ingredients are VEGAN and NO MSG!

Orange Ginger Flavored

Dietary Supplement
15.22 fl oz (450 mL)



LEARN MORE



VR-R-REV-03