

### Why this form of iron?

Our Liquid Iron, ferrous bisglycinate chelate, is chelated for enhanced absorption and may be more tolerable than iron salts. It has been found that this form of iron isn't as inhibited when taken alongside food ingredients that typically lessen iron absorption (like polyphenols and phytate). Though there are many forms of iron available when it comes to supplementing, we believe that this form of iron may be the best choice for our customers.

#### 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. Do not exceed the recommended dose.

Age	Dose
4-13 Years	6 mg = 1 tsp (5 mL)
14-18 Years	12 mg = 2 tsp (10 mL)
19-50 Years	18 mg = 1 tbsp (15 mL)
51+ Years	6 mg = 1 tsp (5 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



MARY RUTH'S®

VEGAN LIQUID

IRON

VEGAN

DELICIOUS

SUGAR FREE

FOR AGES 4+

## Supplement Facts

Serving Size	4-13 Years	14-18 Years	19-50 Years	51+ Years
	1 tsp (5 mL)	2 tsp (10 mL)	1 tbsp (15 mL)	1 tsp (5 mL)
Servings Per Container	About 90	About 45	About 30	About 90

Amount Per Serving	% DV for 4-13 Years	% DV for 14-18 Years	% DV for 19-50 Years	% DV for 51+ Years
Calories	10	15	20	10
Total Carbohydrate	2 g 1%*	3 g 1%*	5 g 2%*	2 g 1%*
Iron	6 mg 33%	12 mg 67%	18 mg 100%	6 mg 33%

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

Other Ingredients: Purified Water, Organic Vegetable Glycerin, Natural Flavor, Citric Acid, Organic Rebaudioside A, Xanthan Gum, and Potassium Sorbate (to preserve freshness).

Distributed by MRO MaryRuth, LLC

Los Angeles, CA 90035

[www.maryruthorganics.com](http://www.maryruthorganics.com)

Iron from Ferrochel®

All Ingredients are VEGAN

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

### Connect With Us!

@maryruthorganics

[www.maryruthorganics.com](http://www.maryruthorganics.com)

Text our Care Team: (310) 955-1353

This product is not intended to diagnose, treat, cure, or prevent any disease.



= Berry =

Flavored with Other Natural Flavor

Dietary Supplement

15.22 fl oz (450 mL)



LEARN MORE

IN-U-REV-02