

Why a Liquid Multivitamin?

Most people do not digest their food completely and therefore do not get the vitamins and minerals they need to maintain good health. Our liquid formula is designed for better absorption and assimilation to support your body's essential needs.



SUGGESTED USE:

Take in the morning daily either with food, juice or on an empty stomach.

ADULTS: (ages 18+): take 1 oz (2 tablespoons)

YOUNG ADULTS: (ages 11-17) take 1/2 oz (1 tablespoon)

CHILDREN (ages 4-10): take 1/4 oz (1/2 tablespoon)

(ages 2-3): take 1/2 TEASPOON

PREGNANT & LACTATING WOMEN & SENIORS (65 Years +):

consult a physician or healthcare professional †**

REFRIGERATE AFTER OPENING

Shake Well Before Using

††**IMPORTANT:** We genuinely care about all our customers, which is why we always suggest consulting with a physician or healthcare professional before starting any health supplement. Discontinue use if any negative reaction occurs.

HAPPINESS GUARANTEE

If you are not 100% satisfied call or email us for a full refund
WeCare@MaryRuthOrganics.com

(310) 955-1353



MARY RUTH'S®

Liquid Morning MULTIVITAMIN



MADE FOR
 ENERGY | BEAUTY | IMMUNITY †

Raspberry
 Non-GMO Vegan Natural
 Raspberry Flavored
 FORMULATED BY MaryRuth Ghiyam
 Net: 32 fl oz (1 Quart) 946 mL
 A Dietary Supplement

Supplemental Facts

Serving Size 1 Fluid oz (2 Tbsp)
 Servings Per Container 32

	Amount Per Serving	%DV*
Calories	30	
Total Carbohydrates	8g	3%
Total Sugars	0g	0%
Total Fat	0g	0%
Sodium	2mg	<1%
Vitamin A (as Beta Carotene)	3000 mcg RAE	120%
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin D3 (as Cholecalciferol from Lichen)	20 mcg (800 IU)	400%
Vitamin E (as D-Alpha Tocopherol)	18 mg	100%
Thiamin (as Thiamine HCL)	6 mg	500%
Riboflavin	6.5 mg	500%
Niacin (as Nicotinamide)	32 mg NE	200%
Vitamin B6 (as Pyridoxine HCL)	8.5 mg	500%
Folate (500 mcg as Folic Acid from Lichen-Folate)	310 mcg DFE	120%
Vitamin B12 (as Methylcobalamin)	12 mcg	100%
Biotin (as D-Biotin)	300 mcg	1000%
Pantothenic Acid (as D-Panthenol)	10 mg	200%
Choline (as Choline Bitartrate)	20 mg	4%
Zinc (as Zinc Citrate)	1 mg	9%
Chromium (as Chromium Picolinate)	18 mcg	30%
Inositol	50 mg	0
Hesperidin (Citrus Bioflavonoids)	5000 mcg	0
EMC (Betaine)	10 mg	0
OPASMSAP (Methylsulphonylmethane)	50 mg	0
Concentrated* Trace Minerals	62 mg	0
Amino Acid Complex (BCAA)	25 mg	0

*Percent Daily Values are based on a 2000 calorie diet.
 ††Dietary fiber not included.
 †††THE ABOVE VITAMINS ARE NON-GMO AND VEGAN.

Other Ingredients: Triple UV treated Deionized Water, Non-GMO Vegan Vegetable Glycerin, Non-GMO Vegan Natural Raspberry Flavor, Non-GMO Vegan Xanthan Gum, Non-GMO Vegan Cranberry Extract, Organic Non-GMO Vegan Aloe Vera Extract, Organic Non-GMO Vegan Water Juice, Non-GMO Vegan Potassium Sorbate, Non-GMO Vegan Trace Minerals, Wild-Crafted Non-GMO Vegan Lichen, Free-form Crystalline Amino Acids.

Distributed by MaryRuth Organics LLC, CA 90035

www.maryruthorganics.com

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

This Bottle is BPA FREE

GOOD TO KNOW:

MaryRuth's uses premium quality ingredients. Taste and exact vitamin and mineral content may vary slightly from batch to batch.

