

Why a Liquid Multivitamin?

Though we believe in a diet-first approach to health, not everyone gets the essential vitamins and nutrients that they need from diet alone. Our liquid multivitamin is in an easy-to-take formula.



SUGGESTED USE:

Shake well before use. Adults 18+, take up to 2 tbsp (30 mL) daily or as recommended by a physician or healthcare professional. Take in the morning either with food, juice or on an empty stomach. 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.

This product contains Biotin which may interfere with some blood test results.

REFRIGERATE after opening.
USE within 6 months of opening.

Lustriva[®] including the Lustriva[®] logo, is a registered trademark of Nutrition21, LLC. Lustriva[®] is patent protected.

†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.

THIS BOTTLE IS BPA FREE.

Connect With Us!

@maryruthorganics

www.maryruthorganics.com

Text Our Care Team: (310) 955-1353



MARY RUTH'S[®]

Liquid Morning MULTIVITAMIN

+ Hair Growth[†]

CONTAINS LUSTRIVA[®],
CLINICALLY SHOWN TO:

- ✓ HELP GROW THICKER, FULLER HAIR[†]
- ✓ IMPROVE WRINKLES & FINE LINES[†]
- ✓ SUPPORT HEALTHY SKIN[†]

= Peach Mango =
Flavored with Other Natural Flavor

Dietary Supplement
30 fl oz (887 mL)

Supplement Facts

Serving Size 2 tbsp (30 mL)
Servings Per Container About 30

	Amount Per Serving	% DV for 18+ Years
Calories	35	
Total Carbohydrate	8 g	3%*
Vitamin A (as Beta Carotene)	1,010 mcg	112%
Vitamin C (Ascorbic Acid)	90 mg	100%
Vitamin D (as Cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as D-Alpha Tocopherol Acetate)	18 mg	120%
Thiamin (as Thiamine Hydrochloride)	6 mg	500%
Riboflavin	6.5 mg	500%
Niacin (as Niacinamide)	32 mg	200%
Vitamin B6 (as Pyridoxine Hydrochloride)	8.5 mg	500%
Folate (as Calcium L-5-Methyltetrahydrofolate)	510 mcg DFE	128%
Vitamin B12 (as Methylcobalamin)	12 mcg	500%
Biotin (as Magnesium Biotinate)	10,000 mcg	33,333%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%
Choline (as Choline Bitartrate)	20 mg	4%
Zinc (as Zinc Citrate)	1 mg	9%
Chromium (as Chromium Picolinate)	1,000 mcg	2,857%
Lustriva [®] (Inositol-stabilized Arginine Silicate, Magnesium Biotinate)	160 mg	†
Inositol	50 mg	†
Methylsulfonylmethane	30 mg	†
Proprietary Branched Chain Amino Acid Complex L-Leucine, L-Isoleucine, L-Valine	25 mg	†
Betaine	10 mg	†
Hesperidin	5 mg	†

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

†Daily Value (DV) not established.

Other Ingredients: Purified Water, Vegetable Glycerin, Natural Flavors, Xanthan Gum, Evaporated Sea Water, Cranberry Fruit Powder, Organic Aloe Vera Inner Leaf Extract, Citric Acid, and Organic Noni Fruit Powder.

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

All Ingredients are VEGAN

Vegan Vitamin D3 from Lichen.
Evaporated Sea Water with Naturally Occurring Trace Minerals.