

### 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. Take once daily following the dosing instructions listed below, or dose 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.**

Age	Dose
1-3 Years	1/2 Teaspoon (2.5 mL)
4-13 Years	1 Tablespoon (15 mL)
14+ Years	2 Tablespoons (30 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

†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

LEARN MORE



# MARY RUTH'S®

## Liquid Morning MULTIVITAMIN

VEGAN

DAIRY FREE

GLUTEN FREE

SUGAR FREE

FAMILY FRIENDLY

MAY SUPPORT

ENERGY† | BEAUTY† | IMMUNITY†

## Supplement Facts

Serving Size	1-3 Years 1/2 tsp (2.5 mL)	4-13 Years 1 tbsop (15 mL)	14+ Years 2 tbsop (30 mL)
Servings Per Container	About 355	About 59	About 30

	Amount Per Serving	% DV for 1-3 Years	% DV for 4-13 Years	% DV for 14+ Years
Calories			15	30
Total Carbohydrate	1 g	1%**	4 g	1%*
Vitamin A (as Beta Carotene)	80 mcg	28%	510 mcg	56%
Vitamin C (Ascorbic Acid)	8 mg	50%	45 mg	50%
Vitamin D (as Cholecalciferol)	1.7 mcg (68 IU)	11%	10 mcg (400 IU)	50%
Vitamin E (as D-Alpha Tocopherol Acetate)	1.5 mg	25%	9 mg	60%
Thiamin (as Thiamine Hydrochloride)	0.5 mg	100%	3 mg	250%
Riboflavin	0.54 mg	108%	3.25 mg	250%
Niacin (as Niacinamide)	2.7 mg	44%	16 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.71 mg	142%	4.25 mg	250%
Folate (as Calcium L-5-Methyltetrahydrofolate)	45 mcg DFE	28%	255 mcg DFE	64%
Vitamin B12 (as Methylcobalamin)	1 mcg	111%	6 mcg	250%
Pantothenic Acid (as D-Calcium Pantothenate)	25 mcg	313%	150 mcg	500%
Choline (as Choline Bitartrate)	0.8 mg	42%	5 mg	100%
Zinc (as Zinc Citrate)	0.1 mg	3%	0.5 mg	5%
Chromium (as Chromium Picolinate)	1.5 mcg	14%	9 mcg	26%
Inositol	4.2 mg	†	25 mg	†
Methylsulfonylmethane	2.5 mg	†	15 mg	†
Proprietary Branched Chain Amino Acid Complex (L-Leucine, L-Isoleucine, L-Valine)	2.1 mg	†	13 mg	†
Betaine	0.8 mg	†	5 mg	†
Hesperidin	0.4 mg	†	3 mg	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Percent Daily Values (DV) are based on a 1,000 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, 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.



IN-R-REV-04

## = Raspberry =

Vegan Natural Raspberry Flavored with Other Natural Flavor

Dietary Supplement  
30 fl oz (887 mL)