

WHY THIS FORM OF IRON?

Formulated with a chelated form of iron called ferrous bisglycinate chelate, this liquid provides enhanced absorption and may be more tolerable than iron salts.*
A reliable choice for your daily iron needs.‡

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
- + Use within 6 months of opening
- + This bottle is BPA FREE



MARY RUTH'S® Vegan Liquid IRON

Overall Health‡

SUPPORTS
ENERGY METABOLISM‡

Supplement Facts

| Serving Size | 4-13 Years 1 Tsp (5 mL) | 14-18 Years 2 Tsp (10 mL) | 19-50 Years 1 Tbsp (15 mL) | 51+ Years 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 | 5 | | 15 | | 20 | | 5 | |
| Total Carbohydrate | 2 g | 1%* | 3 g | 1%* | 5 g | 2%* | 2 g | 1%* |
| Total Sugars | 0 g | † | 0 g | † | 0 g | † | 0 g | † |
| Includes 0g Added Sugars | 0%* | | 0%* | | 0%* | | 0%* | |
| Sugar Alcohol | 0 g | † | 0 g | † | 0 g | † | 0 g | † |
| Iron (as Ferrous Bisglycinate Chelate)(Ferrochel®) | 6 mg | 33% | 12 mg | 67% | 18 mg | 100% | 6 mg | 33% |

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

†Daily Value (DV) not established.

Other Ingredients: Purified Water, Organic Vegetable Glycerin, Natural Flavor, Citric Acid, Organic Rebadioside A, and Xanthan Gum.

Distributed by MRO MaryRuth, LLC | Los Angeles, CA 90035

Ferrochel® is a registered trademark of Balchem Corporation or its subsidiaries

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.

‡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! www.maryruthorganics.com
Text Our Care Team (310) 955-1353

Berry

Flavored with Other Natural Flavor

DIETARY SUPPLEMENT

15.22 FL OZ (450 ML)

M-U-REV-03