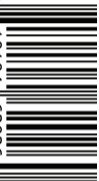


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This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### SUGGESTED USE:

Ages 14+, take up to 2 gummies daily or as recommended by a physician or healthcare professional. 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 IS MADE WITHOUT:

GMOs, Gelatin, Soy, Wheat, Gluten, Milk, Eggs, Peanuts, Fish and Shellfish.



MARY RUTH'S<sup>®</sup>  
ORGANIC



# HAIR, SKIN, & NAILS<sup>‡</sup> GUMMIES

WITH BIOTIN AND VITAMINS C & E

— Strawberry —

Flavored with Other Natural Flavor

Dietary Supplement

60 Gummies

## Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 30

	Amount Per Serving	% DV for 14+ Years
Calories	15	
Total Carbohydrate	5 g	2%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Vitamin C (Ascorbic Acid)	15 mg	17%
Vitamin E (as D-Alpha Tocopherol Acetate)	6.8 mg	45%
Biotin (as D-Biotin)	2,500 mcg	8,333%
Sodium	10 mg	<1%

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

†Daily Value (DV) not established.

Other Ingredients: Organic Glucose Syrup, Organic Cane Sugar, Purified Water, Pectin, Citric Acid, Sodium Citrate, Natural Flavor, Organic Vegetable Juice Color, Organic Sunflower Oil, and Organic Carnauba Wax.

### Connect With Us!

@maryruthorganics

www.maryruthorganics.com

Text Our Care Team: (310) 955-1353

MT-U-REV-04

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

www.maryruthorganics.com

Certified Organic by CAAE

PRODUCT OF SPAIN

All Ingredients are VEGAN and NON-GMO