

2 MONTH SUPPLY

**SUGGESTED USE:**

Adults, take 1 gummy 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.

NOTE: Herbal supplements may not be appropriate for everyone. Herbal products may interfere with certain medications or complicate health conditions.

**THIS PRODUCT IS MADE WITHOUT:**  
Gelatin, Peanuts, Tree Nuts, Fish, Shellfish, Gluten, Milk, Eggs, Soy, and Sesame.

2 MONTH SUPPLY



MARY RUTH'S®

**BIOTIN**  
Hair<sup>†</sup> | Skin<sup>†</sup> | Nails<sup>†</sup>  
**GUMMIES**

VEGAN

FO-TI  
EXTRACT

METHYLATED  
FOLATE  
& B12

SUGAR  
FREE

2 MONTH SUPPLY

**Supplement Facts**

Serving Size 1 Gummy  
Servings Per Container 60

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	1%*
Folate	250 mcg DFE	63%
(as Calcium L-5-Methyltetrahydrofolate)		
Vitamin B12 (as Methylcobalamin)	425 mcg	17,708%
Biotin (as D-Biotin)	2,500 mcg	8,333%
Zinc (as Zinc Citrate)	10 mg	91%
Sodium	5 mg	<1%
Fo-Ti ( <i>Polygonum multiflorum</i> )	5 mg	†
Root Extract (12:1) (Equivalent to 60 mg Fo-Ti Root)		

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

†Daily Value (DV) not established.



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‡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!**

@maryruthorganics

www.maryruthorganics.com

Text Our Care Team: (310) 955-1353

**Goji Berry**

Flavored

**Dietary Supplement**

**60 Gummies**

Other Ingredients: Organic Isomaltoligosaccharides\*, Soluble Tapioca Fiber, Purified Water, Organic Erythritol, Pectin; less than 2% of: Citric Acid, Organic Fruit Powder Blend (Strawberry Fruit, Raspberry Fruit, Blueberry Fruit, Tart Cherry Fruit, Pomegranate Fruit, Cranberry Fruit), Natural Flavor, Sodium Citrate, Vegetable Juice Color, and Organic Rebaudioside A. \*Adds a dietarily insignificant amount of sugar.

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

All Ingredients are VEGAN

RP-U-REV-02