

Dosage Guide

How I use Mary Ruth's Supplements

Please consult with a healthcare professional prior to use.



Liquid Morning Multivitamin

age	2-3	4-10	11-17	Adult
	1/2 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp



Liquid Nighttime Multimineral

age	2-3	4-10	11-17	Adult
	1/2 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp



Liquid Probiotic

age	2-3	4-10	11-17	Adult
	1 pump	2 pumps	3 pumps	4 pumps



D3 + B12 Gummy.

age	2-3	4-10	11-17	Adult
	1 gummy	1 gummy	1 gummy	1 gummy



OMEGA 3-6-7-9 Gummy.

age	2-3	4-10	11-17	Adult
	1 gummy	1 gummy	2 gummies	4 gummies



Immunity Gummy.

age	2-3	4-10	11-17	Adult
	1 gummy	1 gummy	2 gummies	4 gummies

FAQ

How often do you take the supplements?

We take these supplements about 3-4 days a week: the liquid morning multivitamin, liquid nighttime multi-mineral, and liquid probiotic. I supplement with the gummies when the kids need a little boost to their immune system.

At what age do you start giving these to your kids?

These supplements are recommended for ages 2+. I give 1/4 teaspoon of the liquid morning multivitamin to my kids after 12 months.

How do you give these to your kids?

My kids prefer to take supplements mixed in a small cup of juice, and I also add them to smoothies.

Do you take these while pregnant and breastfeeding?

Yes, I feel safe taking these supplements while I'm pregnant and breastfeeding, and they do not replace my prenatal vitamin.

IMPORTANT NOTE:

This is a guide on how I give supplements to my family.

Mary Ruth recommends consulting with a healthcare professional before use. Please do your research and do what's best for you and your family.

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