



General Shipping Information

R U Health & Wellness LLC proudly ship our products within the United States. Shipping costs can vary based on the number of items and weight of the order.

U.S. Brand Partners and customer orders are sent via **DHL**. A tracking number will be emailed to you once your order ships. To track your shipment please use the link in your email.

Shipping to Other Countries

Currently, R U Health & Wellness LLC products are only available within the United States.

