

**100
TABLETS**

Rugby®
TIMED RELEASE
Niacin
750 mg
DIETARY SUPPLEMENT



**TAMPER RESISTANT - DO NOT USE IF IMPRINTED SAFETY SEAL
UNDER CAP IS BROKEN OR MISSING**

DIRECTIONS: Adults only: One tablet daily, as a dietary supplement, or as directed by a physician.

Supplement Facts
Serving Size 1 Tablet

Amount per tablet		% Daily Value
Niacin (as nicotinic acid)	750 mg	3750%

Other Ingredients: Lactose, hypromellose, stearic acid, titanium dioxide, magnesium stearate, magnesium silicate, triacetin, mineral oil and sodium lauryl sulfate. Contains milk.

CAUTION: Niacin may cause temporary flushing, itching and tingling, feelings of warmth and headache, particularly when beginning, increasing dose, or changing brand of niacin. These effects seldom require discontinuing niacin use. Skin rash, upset stomach, and low blood pressure when standing are less common symptoms; if they persist, contact a physician.

WARNINGS: Do not use this product if you have a known sensitivity or allergy to niacin. Use only under the advice and supervision of a physician if you:

- have heart disease, recurrent chest pain (angina), or recently suffered a heart attack,
- are taking high blood pressure or cholesterol-lowering drugs (because of possible drug interactions),
- have any of the following conditions: gallbladder disease, gout, arterial bleeding, glaucoma, diabetes, impaired liver function, peptic ulcer, or are a pregnant or lactating woman.

Increased uric acid and glucose levels and abnormal liver function tests have been reported in persons taking daily doses of 500 mg or more of niacin. Discontinue use and consult a physician immediately if any of the following symptoms occur: persistent flu-like symptoms (nausea, vomiting, a general "not well" feeling), loss of appetite, a decrease in urine output associated with dark colored urine, muscle discomfort such as tender, swollen muscles or weakness, irregular heartbeat, or cloudy or blurry vision.



Free of starch, gluten, sodium, yeast, soy, corn, preservatives, nuts and artificial colors-flavors.

To preserve quality and freshness, keep bottle tightly closed.

Store between 15° - 30°C (59° - 86°F)

KEEP OUT OF REACH OF CHILDREN.

Questions or comments?
Call 1-800-645-2158,
weekdays 9 am-5 pm ET



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Control No.:

Exp. Date:

Mfd for: **RUGBY LABORATORIES, INC.**

DULUTH, GEORGIA 30097