

1000
TABLETS

Therems®

MULTIPLE VITAMINS SUPPLEMENT

COMPARE TO VITAMINS IN
THERAGRAN® TABLETS*

Rugby®



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

DIRECTIONS: Adults and children over 12 years of age: One tablet daily.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Vitamin A (as acetate)	5000 IU 100%
Vitamin C (as ascorbic acid)	90 mg 150%
Vitamin D-3 (as cholecalciferol)	400 IU 100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU 100%
Vitamin B-1 (as thiamine HCl)	3 mg 200%
Vitamin B-2 (as riboflavin)	3.4 mg 200%
Niacin (as niacinamide)	20 mg 100%
Vitamin B-6 (as pyridoxine HCl)	3 mg 150%
Folic Acid	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	9 mcg 150%
Biotin	30 mcg 10%
Pantothenic Acid (as calcium pantothenate)	10 mg 100%
Calcium (as dicalcium phosphate)	45 mg 4%

Other Ingredients: Microcrystalline cellulose, gelatin, stearic acid, hypromellose, croscarmellose sodium, magnesium stearate, magnesium silicate, silica, FD&C red #40 lake, polyvinylpyrrolidone, polyethylene glycol, mineral oil, titanium dioxide and FD&C yellow #6 lake.

To preserve quality and freshness, keep bottle tightly closed. Store between 15° - 30°C (59° - 86°F).

KEEP OUT OF REACH OF CHILDREN

*Rugby Laboratories, Inc. is not affiliated with the owner of the trademark Theragran®. Therems® is distributed by Rugby Laboratories, Inc.

Control No.:
Exp. Date:

Questions or comments?
Call 1-800-645-2156, EST
weekdays 9 am-5 pm EST



Rugby®

DULUTH, GEORGIA 30097