

Rugby[®]

TIMED RELEASE

Niacin

1000 mg

DIETARY SUPPLEMENT

100 CAPTABS[®]

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

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

Supplement Facts

Serving Size 1 Captab

Amount per captab	% Daily Value
Niacin (as nicotinic acid) 1000 mg	5000%

Other Ingredients: Microcrystalline cellulose, hypromellose, stearic acid, silica, magnesium stearate, pharmaceutical glaze and magnesium silicate.

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 sugar, starch, sodium, gluten, yeast, soy, corn, preservatives, nuts, animal by-products 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?

1-800-645-2158

www.rugbylaboratories.com

Distributed by:

Rugby Laboratories

31778 Enterprise Drive,

Livonia, MI 48150

Re-order No. 370106

Rev. 04/13 R-29



225

Control No. / Exp. Date: