

**Rugby**®

COMPARE TO VITAMINS IN  
THERAGRAN® TABLETS\*

# Therems®

## MULTIPLE VITAMINS SUPPLEMENT

1000 TABLETS

**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, hydroxypropylcellulose, 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 bottles tightly closed. Store between 15° - 30°C (59° - 86°F).

**KEEP OUT OF REACH OF CHILDREN.**

\*Rugby Laboratories is not affiliated with the owner of the trademark Theragran®.

Questions or comments?

1-800-645-2158

[www.rugbylaboratories.com](http://www.rugbylaboratories.com)

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