

**Rugby**<sup>®</sup>

# Magnesium Oxide

400 mg

DIETARY SUPPLEMENT

120 TABLETS

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

**DIRECTIONS: Adults:** take one tablet daily with a meal, as a dietary supplement or as directed by a doctor.

## Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Elemental Magnesium 240 mg (from magnesium oxide)	57%

**Other Ingredients:** Microcrystalline cellulose, stearic acid, pregelatinized corn starch, croscarmellose sodium, sodium starch glycolate, magnesium stearate.

**Drug Interaction Precaution:** This product may interact with certain prescription drugs. If you are presently taking a prescription drug, do not take this product without consulting your doctor or other health professional.

**Warning:** Not recommended for use in amounts over the recommended daily intake at 400 mg per day (1 tablet). Ask a doctor or pharmacist before use if you have a known allergy to this product. Stop use and contact a doctor if an allergic reaction occurs. Consult a doctor before using this product if you have kidney disease, or are pregnant or nursing a baby. May have a laxative effect.

To preserve quality and freshness, keep bottle tightly closed.

Store at room temperature in a dry place.

**KEEP OUT OF REACH OF CHILDREN**

Distributed by: Rugby Laboratories  
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[www.rugbylaboratories.com](http://www.rugbylaboratories.com)



R-95

Re-order No. 370170

Rev. 12/16

Control No.:

Exp. Date:

Non Varnish Area

Questions or comments?  
Call 1-800-645-2158