

**Rugby**<sup>®</sup>NEW  
Formula &  
AppearanceCOMPARE TO VITAMINS/MINERALS IN  
UNICAP M<sup>®</sup> †**Unicomplex  
-M**DIETARY  
SUPPLEMENT

90 TABLETS

**TAMPER RESISTANT - DO NOT USE IF IMPRINTED  
SAFETY SEAL UNDER CAP IS BROKEN OR MISSING****DIRECTIONS: Adults only:** Take one tablet daily, preferably with a meal.**Supplement Facts**

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Vitamin A (as vitamin A acetate)	5000 IU 100%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	60 mg 100%
Vitamin D-3 (as cholecalciferol)	400 IU 100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU 100%
Vitamin B-1 (as thiamine mononitrate)	1.5 mg 100%
Vitamin B-2 (as riboflavin)	1.7 mg 100%
Niacin (as niacinamide)	20 mg 100%
Vitamin B-6 (as pyridoxine HCl)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	6 mcg 100%
Pantothenic Acid (as calcium pantothenate)	10 mg 100%
Calcium (as dicalcium phosphate)	60 mg 6%
Iron (as ferrous fumarate)	18 mg 100%
Phosphorus (as dicalcium phosphate)	45 mg 5%
Iodine (as potassium iodide)	150 mcg 100%
Zinc (as zinc oxide)	15 mg 100%
Copper (as cupric sulfate)	2 mg 100%
Manganese (as manganese sulfate)	1 mg 50%
Potassium (as potassium sulfate)	5 mg <1%

**Other Ingredients:** Croscarmellose sodium, starch, maltodextrin, stearic acid, hypromellose, microcrystalline cellulose, silica, dicalcium phosphate, talc, gelatin, titanium dioxide, FD&C yellow #5 lake\*, sodium lauryl sulfate, magnesium stearate, sucrose, FD&C yellow #6 lake, sodium ascorbate, triglycerides, polyvinylpyrrolidone, tocopherols and BHT.

\* Contains FD&C yellow #5 lake (tartrazine) as a color additive

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a physician or poison control center immediately.

Keep bottle tightly closed. Store between 15°-30°C (59°-86°F)

†Rugby Laboratories is not affiliated with the owner of the trademark Unicap M<sup>®</sup>.

Questions or comments?

1-800-645-2158

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

Distributed by:

Rugby Laboratories

31778 Enterprise Drive,

Livonia, MI 48150



0 05364 75011 0

Re-order No. 370133 6733-03-16 Rev. 03/16 R-29

LOT # / EXP. DATE: