

Therems[®]-H

MULTIPLE VITAMINS
WITH MINERALS
SUPPLEMENT

90 TABLETS

Rugby[®]

FILM COATED TABLET

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

DIRECTIONS: One tablet daily.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Vitamin A (as acetate)	1400 IU 28%
Vitamin C (as sodium ascorbate)	100 mg 166%
Vitamin D-3 (cholecalciferol)	140 IU 35%
Vitamin E (as dl-alpha tocopheryl acetate)	5 IU 17%
Thiamine (as thiamine HCl)	3.3 mg 220%
Riboflavin	3.3 mg 194%
Niacin (as niacinamide)	33.3 mg 167%
Vitamin B6 (as pyridoxine HCl)	3.3 mg 165%
Folic Acid	0.33 mg 83%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Pantothenic Acid (as calcium pantothenate)	11.7 mg 117%
Calcium (as dicalcium phosphate and calcium pantothenate)	130 mg 13%
Iron (as ferrous fumarate)	27 mg 150%
Magnesium (as oxide)	41.7 mg 10%
Copper (as sulfate)	0.67 mg 34%
Sodium	12 mg <1%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate, talc, gelatin, silica, titanium dioxide, polyethylene glycol, starch, mineral oil, FD&C red #40 lake, sucrose, sodium ascorbate, triglycerides, sodium benzoate, tocopherols, sorbic acid and BHT.

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.

To preserve quality and freshness, keep bottle tightly closed.

Store between 15°-30°C (59°-86°F).

Questions or comments?

1-800-645-2158

www.rugbylaboratories.com

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Re-order No. 370142



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LOT./EXP. DATE:

3920-11-17

Rev. 11/17 R-29