

Therems-M[®]

VITAMIN AND MINERAL SUPPLEMENT

130 TABLETS

COMPARE TO VITAMINS/MINERALS IN
THERAGRAN-M[®] ADVANCED†

Rugby[®]

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

DIRECTIONS: Adults: 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 and beta carotene)	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)	60 IU 200%
Vitamin K (as phytonadione)	28 mcg 35%
Vitamin B-1 (as thiamine mononitrate)	3 mg 200%
Vitamin B-2 (as riboflavin)	3.4 mg 200%
Niacin (as niacinamide)	20 mg 100%
Vitamin B-6 (as pyridoxine HCl)	6 mg 300%
Folic Acid	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	12 mcg 200%
Biotin	30 mcg 10%
Pantothenic Acid (as calcium pantothenate)	10 mg 100%
Calcium (as dicalcium phosphate)	40 mg 4%
Iron (as ferrous fumarate)	9 mg 50%
Phosphorus (as dicalcium phosphate)	31 mg 3%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	100 mg 25%
Zinc (as zinc oxide)	15 mg 100%
Selenium (as sodium selenate)	70 mcg 100%
Copper (as cupric sulfate)	2 mg 100%
Manganese (as manganese sulfate)	2 mg 100%
Chromium (as chromic chloride)	50 mcg 42%
Molybdenum (as sodium molybdate)	75 mcg 100%
Chloride (as potassium chloride)	7.5 mg <1%
Potassium (as potassium chloride)	7.5 mg <1%
Boron (as sodium borate)	150 mcg *
Nickel (as nickelous sulfate)	5 mcg *
Silicon (as calcium silicate)	2 mg *
Tin (as stannous chloride)	10 mcg *
Vanadium (as sodium metavanadate)	10 mcg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, gelatin, stearic acid, croscarmellose sodium, hypromellose, magnesium stearate, croscovidone, corn starch, sodium lauryl sulfate, citric acid, soy polysaccharide, dicalcium phosphate, FD&C red #40 lake, magnesium silicate, sucrose, mannitol, silica, titanium dioxide, polyvinylpyrrolidone, FD&C blue #2 lake, sodium ascorbate, sodium benzoate, triglycerides, mixed tocopherols, sorbic acid, tricalcium phosphate, methocel, ascorbyl palmitate and BHT. Contains soy.

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) †Rugby Laboratories is not affiliated with the owner of the trademark.

Theragran-M[®].

Questions or comments?
1-800-645-2158

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