

Rugby®

VITAMIN B GROUP

Folic Acid
400 mcg

DIETARY
SUPPLEMENT

100 TABLETS

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

DIRECTIONS: Adults - take one tablet daily as a dietary supplement, or as directed by a doctor. Consult your doctor before use if you are pregnant, nursing, or taking any medication.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Folate 670 mcg DFE (400 mcg Folic Acid)	168%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica.

Free of starch, sugar, soy, preservatives, yeast, corn, gluten, animal by-products, and artificial color-flavors.

To preserve quality and freshness,
keep bottle tightly closed

Store at room temperature and avoid excessive heat.

KEEP OUT OF REACH OF CHILDREN



R-95 Re-order No. 370319 Rev. 01/17

Distributed by: Rugby Laboratories
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Control No.:

Exp. Date:

Non Varnish Area

Questions or comments?

Call 1-800-645-2158