

Rugby®

Multilex T&M

VITAMIN AND MINERAL
SUPPLEMENT

100 TABLETS

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

DIRECTIONS: Adults and children over 12 years of age: One tablet daily, preferably with or after a meal.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Vitamin A (as Vitamin A acetate)	10,000 IU 200%
Vitamin C (as ascorbic acid)	150 mg 250%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (as dl-alpha tocopheryl acetate)	5.5 IU 18%
Thiamin (as thiamine mononitrate) (Vitamin B1)	15 mg 1000%
Riboflavin (Vitamin B2)	10 mg 588%
Niacinamide	100 mg 500%
Vitamin B6 (as pyridoxine HCl)	2 mg 100%
Vitamin B12 (as cyanocobalamin)	7.5 mcg 125%
Pantothenic Acid (as d-calcium pantothenate)	10 mg 100%
Iron (as ferrous fumarate)	15 mg 83%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	5 mg 1%
Zinc (as zinc sulfate)	1.5 mg 10%
Copper (as copper sulfate)	1 mg 50%
Manganese (as manganese gluconate)	1 mg 50%

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, hypromellose, polydextrose, titanium dioxide, riboflavin, talc, maltodextrin, medium chain triglycerides and carmine.

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).

Rev. 07/15

R-92



120

Re-order No. 370347

Control No.:

Exp. Date:

Non UV Area

Questions or comments? 1-800-645-2158

www.rugbylaboratories.com

Distributed by: Rugby Laboratories
31778 Enterprise Drive, Livonia, MI 48150