

Rugby[®]

COMPARE TO
VITAMINS/MINERALS IN **Z-BEC[®]***

HIGH POTENCY

Bee Zee
VITAMIN FORMULA
WITH ZINC SUPPLEMENT

60 TABLETS

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

DIRECTIONS: Take one tablet daily with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Vitamin C (as ascorbic acid)	600 mg 1000%
Vitamin E (as dl-alpha tocopheryl acetate)	45 IU 150%
Thiamine (as thiamine mononitrate) (Vit. B1)	15 mg 1000%
Riboflavin (Vit. B2)	10.2 mg 600%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	6 mcg 100%
Biotin	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	25 mg 250%
Zinc (as zinc sulfate)	22.5 mg 150%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, calcium silicate, vegetable magnesium stearate, silicon dioxide, hypromellose, polydextrose, blue #1 lake, yellow #6 lake, talc, maltodextrin, medium chain triglycerides, blue #2 lake and titanium dioxide.

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

KEEP OUT OF REACH OF CHILDREN

*Rugby Laboratories is not affiliated with the owner of the trademark Z-Bec[®].



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Control No.:

Exp. Date:

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Questions or comments? 1-800-645-2153

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