

Rugby®

**New
Formula &
Appearance**

Prenatal Vitamins

**PHOSPHORUS FREE
MULTIPLE VITAMIN AND
MINERAL SUPPLEMENT**

100 TABLETS

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

DIRECTIONS: Adults only: One tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	*% DV for Pregnant or Lactating Women	*% DV for Pregnant or Lactating Women
Vitamin A (as beta carotene)	4000 IU	50%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D-3 (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Vitamin B-1 (as thiamine mononitrate)	1.8 mg	106%
Vitamin B-2 (riboflavin)	1.7 mg	85%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	2.6 mg	104%
Folic Acid	0.8 mg	100%
Vitamin B-12 (as cyanocobalamin)	8 mcg	100%
Calcium (as calcium carbonate)	200 mg	15%
Iron (as ferrous fumarate)	28 mg	156%
Zinc (as zinc oxide)	25 mg	167%

*%Daily Value (DV) for Pregnant and Lactating Women

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, gelatin, hypromellose, stearic acid, acacia, maltodextrin, titanium dioxide, silica, dicalcium phosphate, talc, triacetin, magnesium stearate, starch, mineral oil, sucrose, sodium ascorbate, triglycerides, sodium benzoate, tocopherols, FD&C red #40 lake, FD&C yellow #6 lake, sorbic acid, tricalcium phosphate and ascorbyl palmitate.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of the reach of children.** In case of accidental overdose, call a doctor or poison control center immediately.

To preserve quality and freshness, keep bottle tightly closed.

Store between 15° - 30°C (59° - 86°F).

KEEP OUT OF REACH OF CHILDREN.

Questions or comments?

1-800-645-2158

Distributed by: Rugby Laboratories

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Re-order No. 370491
Rev. 04/16 R-29

11075-04-16



LOT # / EXP. DATE: