

Rugby[®]

New Formula
and
Appearance

VITAMIN
B-12
DIETARY SUPPLEMENT
500 mcg
100 TABLETS

**TAMPER RESISTANT: DO NOT USE IF SAFETY SEAL
IS BROKEN OR MISSING.**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
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Vitamin B-12 (Cyanocobalamin)	500 mcg 8,333%
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OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid and FD&C yellow #5 Aluminum Lake.*

*Product contains FD&C Yellow #5 (tartrazine) as a color additive.

DIRECTIONS: Adults: As a dietary supplement, take one tablet daily, preferably with a meal, or as directed by a health care professional.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: Sugar, Sodium, Starch, Wheat, Corn, Gluten, Yeast, Soy, Egg, Fragrance, Artificial Flavors and Preservatives.

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

KEEP OUT OF REACH OF CHILDREN.



Made in Canada
MP 879-05

Re-order No. 370546

R-147 Rev. 05/17

Questions or comments? 1-800-645-2158
www.rugbylaboratories.com

unvarnished area

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