

Rugby®

**VITAMIN
B-12
SUPPLEMENT**

100 mcg

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 your doctor.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
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Vitamin B-12 (Cyanocobalamin)	100 mcg 4167%
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Calcium (from Calcium Carbonate)	35 mg 3%
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Other ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Silica, Magnesium Stearate, Maltodextrin.

As with any supplement, if you are pregnant, nursing, taking medication or have a medical condition, consult a doctor before use.

Free of sugar, starch, sodium, gluten, preservatives, yeast, animal by-products, soy, artificial colors-flavors.

To preserve quality and freshness, keep bottle tightly closed.
Store at room temperature in a dry place.

KEEP OUT OF REACH OF CHILDREN



Rev. 12/16

R-95

Re-order No. 370315

Control No.:

Exp. Date:

Non Varnish Area

**Questions or comments?
Call 1-800-645-2158**

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