

Rugby® B Complex

DIETARY SUPPLEMENT

100 SOFTGEL CAPSULES

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

Directions: Adults: One softgel daily.

Supplement Facts

Serving Size: 1 Softgel

Amount per serving	% Daily Value	
Thiamine (vitamin B1) (as thiamine mononitrate)	3 mg	200%
Riboflavin (vitamin B2)	3 mg	176%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	0.5 mg	25%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%
Desiccated Beef Liver Defatted	60 mg	*
Brewer's Yeast (Sacharomyces cerevisiae)	60 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, soybean oil, glycerin, beeswax, soy lecithin, purified water, carmine powder and carob ext.

Free of: sugar, starch, sodium, gluten, milk products, nuts, preservatives and artificial flavors

To preserve quality and freshness, keep bottle tightly closed.
Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN

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Control No.:

Exp. Date:

Questions or comments? 1-800-645-2158

www.rugbylaboratories.com

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