

Rugby®

**NEW
Formula**

Therems® -M

VITAMIN AND MINERAL SUPPLEMENT

**THIS PACKAGE FOR HOUSEHOLDS
WITHOUT YOUNG CHILDREN**

1000 TABLETS

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

DIRECTIONS: Adults: Take one tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Vitamin A (as acetate and 20% beta carotene)	1500 mcg 167%
Vitamin C (as ascorbic acid)	90 mg 100%
Vitamin D (as cholecalciferol)	10 mcg 50%
Vitamin E (as alpha tocopherol acetate)	27 mg 180%
Vitamin K (as phytonadione)	28 mcg 23%
Thiamin (as thiamine mononitrate)	3 mg 250%
Riboflavin	3.4 mg 262%
Niacin (as niacinamide)	20 mg 125%
Vitamin B6 (as pyridoxine HCl)	6 mg 353%
Folate	667 mcg DFE 167%
	(400 mcg Folic Acid)
Vitamin B12 (as cyanocobalamin)	12 mcg 500%
Biotin	30 mcg 100%
Pantothenic Acid (as calcium pantothenate)	10 mg 200%
Calcium (as dicalcium phosphate)	40 mg 3%
Iron (as ferrous fumarate)	9 mg 50%

Amount per tablet	% Daily Value
Phosphorus (as dicalcium phosphate)	31 mg 2%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	100 mg 24%
Zinc (as zinc oxide)	15 mg 136%
Selenium (as sodium selenate)	70 mcg 127%
Copper (as cupric sulfate)	2 mg 222%
Manganese (as manganese sulfate)	2 mg 87%
Chromium (as chromic chloride)	50 mcg 143%
Molybdenum (as sodium molybdate)	75 mcg 167%
Chloride (as potassium chloride)	7.5 mg <1%
Potassium (as potassium chloride)	7.5 mg <1%
Boron (as sodium borate)	150 mcg *
Nickel (as nickelous sulfate)	5 mcg *
Tin (as stannous chloride)	10 mcg *
Vanadium (as sodium metavanadate)	10 mcg *
Silicon (as calcium silicate)	2 mg *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, gelatin, stearic acid, croscarmellose sodium, hypromellose, magnesium stearate, crospovidone, talc, starch, FD&C red #40 lake, sodium lauryl sulfate, citric acid, soy polysaccharide, dicalcium phosphate, sucrose, mannitol, silica, titanium dioxide, FD&C blue #2 lake, polyethylene glycol, mineral oil, sodium ascorbate, sodium benzoate, triglycerides, tocopherols, sorbic acid, tricalcium phosphate, ascorbyl palmitate and BHT. **Contains soy.**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6.

Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

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

Questions or comments?

1-800-645-2158

www.rugbylaboratories.com

Distributed by:

Rugby Laboratories

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