

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
Vitamin A (as 100% beta carotene)	1200 mcg 92%
Vitamin C (as ascorbic acid)	120 mg 100%
Vitamin D (as cholecalciferol)	10 mcg 67%
Vitamin E (as alpha tocopherol acetate)	13.65 mg 72%
Thiamin (as thiamine mononitrate)	1.8 mg 129%
Riboflavin	1.7 mg 106%
Niacin (as niacinamide)	20 mg 111%
Vitamin B6 (as pyridoxine HCl)	2.6 mg 130%
Folate	1333 mcg DFE 222% (800 mcg Folic Acid)
Vitamin B12 (as cyanocobalamin)	8 mcg 286%
Calcium (as calcium carbonate)	200 mg 15%
Iron (as ferrous fumarate)	28 mg 104%
Zinc (as zinc oxide)	25 mg 192%

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

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

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? Distributed by: Rugby Laboratories
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