

Rugby®

COMPARE TO VITAMINS/MINERALS IN
STUART PRENATAL®**

Prenatal Vitamins

PHOSPHOROUS FREE
MULTIPLE VITAMIN AND
MINERAL SUPPLEMENT

100
TABLETS

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

DIRECTIONS: Adults: One tablet daily, preferably with a meal.

Supplement Facts

Serving Size: 1 Tablet

Amount per tablet	% Daily Value for pregnant or lactating women	
Vitamin A (as beta carotene)	4000 IU	50%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine mononitrate)	1.8 mg	100%
Riboflavin	1.7 mg	85%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride)	2.8 mg	100%
Folic Acid	800 mcg	100%
Vitamin B-12 (as cyanocobalamin)	3 mcg	100%
Calcium (as calcium carbonate)	200 mg	18%
Iron (as ferrous fumarate)	38 mg	158%
Zinc (as zinc oxide)	25 mg	167%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, gelatin, maltodextrin, corn starch, hydroxyethylcellulose, magnesium stearate, silica, titanium dioxide, propylene glycol, inositol, FD&C Red #40, red oxide, FD&C Yellow #6.

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 doctor or Poison Control Center immediately.

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

*Rugby Laboratories is not affiliated with the owner of the trademark Stuart Prenatal®.

Lot#

Exp.



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Distributed by:

Rugby Laboratories
31778 Enterprise Drive
Livonia, MI 48150
www.rugbylaboratories.com

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