

Rugby®

CALCIUM SUPPLEMENT

**Calcium
Lactate**

10 gr (648 mg)

Helps maintain strong bones

**EACH TABLET PROVIDES
84 mg ELEMENTAL CALCIUM**

**100
TABLETS**



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

DIRECTIONS: Adults: Take 3 tablets per day, preferably 1-2 hours after a meal.

Supplement Facts

Serving Size 3 Tablets

Servings per container: appx. 33

Amount per 3 tablets		% Daily Value
Calcium (as calcium lactate)	252 mg	25%

Other Ingredients: Croscarmellose sodium, mono & diglycerides, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, ascorbic acid, citric acid and soybean oil.

Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.



Free of starch, sugar, sodium, gluten, yeast, corn, animal by-products, preservatives, artificial colors-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?

Call 1-800-645-2158, weekdays 9 am-5 pm ET
www.rugbylaboratories.com

Mfd for: **RUGBY LABORATORIES, INC.**

DULUTH, GEORGIA 30097