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

DIRECTIONS: Adults and children over 12 years of age: One tablet daily, preferably with or after a meal.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet		% Daily Value
Vitamin A (as retinyl acetate) 1	0,000 IU	200%
Vitamin C (as ascorbic acid)	100 mg	166%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as di-alpha tocopheryl acetate)	5.5 IU	18%
Thiamin (B-1) (as thiamine mononitrate)	10 mg	666%
Riboflavin (B-2)	5 mg	294%
Niacinamide	30 mg	150%
Vitamin B-6 (as pyridoxine hydrochloride)	1.7 mg	85%
Vitamin B-12 (as cyanocobalamin)	3 mcg	50%
Pantothenic acid (as calcium pantothenate)	10 mg	100%
Iron (as ferrous sulfate)	15 mg	83%
lodine (as potassium iodide)	0.15 mg	100%
Magnesium (as magnesium oxide)	5 mg	<2%
Zinc (as zinc oxide)	1.5 mg	10%
Copper (as cupric oxide)	1 mg	50%
Manganese (as manganese sulfate		50%



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Control No.:

Exp. Date:

Mfd. for: RUGBY LABORATORIES, INC., DULUTH, GEORGIA 30097

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Other ingredients: Microcrystalline cellulose, dicalcium phosphate, modified starch, vegetable stearic acid, hypromellose, talc, titanium dioxide, vegetable magnesium stearate, silicon dioxide, polyethylene glycol, triacetin, ethyl vanillin, carnauba wax, FD&C yellow #6 lake, FD&C red #40 lake, FD&C blue #1, hydrolysed gelatin, sorbic acid, sodium benzoate and mannitol.

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? Call 1-800-645-2158, weekdays 9 am-5 pm EST