

**Rugby**<sup>®</sup>**PRENATAL FORMULA  
PROTEIN COATED****Prenavite**<sup>®</sup>**DIETARY  
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	% Daily Value for Adults
Vitamin A (as acetate)	8000 IU	100%	160%
Vitamin C (as ascorbic acid)	60 mg	100%	100%
Vitamin D (as cholecalciferol)	400 IU	100%	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%	100%
Thiamine (Vitamin B-1) (as thiamine mononitrate)	1.7 mg	100%	113%
Riboflavin (Vitamin B-2)	2 mg	100%	118%
Niacin (as niacinamide)	20 mg	100%	100%
Vitamin B-6 (as pyridoxine HCl)	4 mg	160%	200%
Folic Acid	800 mcg	100%	200%
Vitamin B-12 (as cyanocobalamin)	8 mcg	100%	133%
Calcium (as calcium sulfate)	200 mg	15%	20%
Iron (as ferrous fumarate)	28 mg	156%	156%
Iodine (as potassium iodide)	150 mcg	100%	100%
Magnesium (as magnesium oxide)	100 mg	22%	25%

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, vegetable stearic acid, gelatin, pharmaceutical glaze, dicalcium phosphate anhydrous, gum arabic, vegetable magnesium stearate, cozein, maltodextrin, silicon dioxide, hypromellose, corn starch, modified food starch, FD&C red #40 lake, sorbic acid, sodium benzoate, talc, polyethylene glycol, triacetin, FD&C yellow #6 lake (sunset yellow), sodium ascorbate, BHT, medium chain triglycerides, guar gum, carnauba wax and dl-alpha tocopherol.

**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.

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



Free of gluten, yeast,  
sugar, soy, milk products



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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](http://www.rugbylaboratories.com)

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