

RugbyCOMPARE TO VITAMINS/MINERALS IN
STUART PRENATAL®***PRENATAL FORMULA****Prenavite®****PHOSPHOROUS FREE
MULTIPLE VITAMIN AND
MINERAL SUPPLEMENT****100
TABLETS**SATISFACTION GUARANTEED
Rugby
OR YOUR MONEY BACK

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 dl-alpha tocopheryl acetate)	30 IU	100%
Thiamine (as thiamine mononitrate)	1.8 mg	106%
Riboflavin	1.7 mg	85%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12 (as cyanocobalamin)	8 mcg	100%
Calcium (as calcium carbonate)	200 mg	15%
Iron (as ferrous fumarate)	28 mg	156%
Zinc (as zinc oxide)	25 mg	167%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, gelatin, maltodextrin, corn starch, hypromellose, magnesium stearate, silica, titanium dioxide, propylene glycol, triacetin, 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, Inc. is not affiliated with the owner of the trademark Stuart Prenatal®. Prenavite® is distributed by Rugby Laboratories, Inc.



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Lot#

Exp.

Questions or comments?

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

DULUTH, GEORGIA 30097