

**Rugby**<sup>®</sup>

**100  
SOFTGEL  
CAPSULES**

**VITAMIN  
E-100  
I.U.  
SUPPLEMENT**



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

**DIRECTIONS:** Adults: One softgel capsule daily.

## **Supplement Facts**

Serving Size 1 Softgel Capsule

Amount per capsule		% Daily Value
Vitamin E (as dl-alpha tocopheryl acetate)	100 IU	333%

**Other Ingredients:** Gelatin, soybean oil, glycerin and purified water.

**NOTE:** Iron supplements (inorganic) should not be taken within 8 hours of Vitamin E ingestion since one may inhibit absorption of the other.



Free of sugar, starch, sodium, gluten, preservatives, yeast, corn, milk products, artificial colors-flavors.

To preserve quality and freshness, keep bottle tightly closed. Store between 15°-30°C (59°-86°F).

**KEEP OUT OF THE REACH OF CHILDREN**



50/60 R1007

Control No.:

Exp. Date:

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

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

**DULUTH, GEORGIA 30097**