

**Rugby**®**NATURAL****VITAMIN A&D GROUP  
SUPPLEMENT****Cod Liver  
Oil****100  
SOFTGEL  
CAPSULES**

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

**DIRECTIONS:** One softgel capsule daily.

## Supplement Facts

Serving Size 1 Softgel Capsule

Amount per capsule		% Daily Value
Vitamin A (as cod liver oil)	1250 IU	25%
Vitamin D (as cod liver oil)	130 IU	33%

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

**Contains fish – cod and haddock**

Vitamin activity in this formula is derived from natural cod liver oil.



Free of starch, sugar, gluten, soy, sodium, 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 REACH OF CHILDREN**



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Questions or comments?

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

Control No.:

Exp. Date:

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

**DULUTH, GEORGIA 30097**