

**VITAMIN AND MINERAL
SUPPLEMENT**

100 TABLETS

Rugby®

**New Formula
and Appearance**

Classic Prenatal

DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING
DIRECTIONS: Adults: One tablet daily, preferably with a meal,
as a dietary supplement or as directed by your doctor.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value for Pregnant or Lactating Women		% Daily Value for Adults
Vitamin A (as retinyl acetate)	8000 IU	100%	160%
Vitamin C (as ascorbic acid)	60 mg	100%	100%
Vitamin D3 (as cholecalciferol)	400 IU	100%	100%
Vitamin E (as di-alpha tocopheryl acetate)	30 IU	100%	100%
Thiamine (Vitamin B1) (as thiamine mononitrate)	1.7 mg	100%	113%
Riboflavin (Vitamin B2)	2 mg	100%	118%
Niacin (as niacinamide)	20 mg	100%	100%
Vitamin B6 (as pyridoxine HCl)	4 mg	160%	200%
Folic Acid	800 mcg	100%	200%
Vitamin B12 (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, pharmaceutical glaze, gelatin,
stearic acid, hydroxypropyl cellulose, magnesium stearate, dicalcium phosphate,
silica, croscarmellose sodium, calcium carbonate, maltodextrin, magnesium silicate
(talc), FD&C Red #40 Lake.

Free of gluten, yeast, soy, milk products

Consult your doctor before use if you are pregnant, nursing or taking any medication.

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).

R-95

Re-Order
No. 370322



Rev. 12/13

Control No.:

Exp. Date:

Distributed by: Rugby Laboratories

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Questions or comments?

Call 1-800-645-2158