

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Amount per tablespoon		% DV
Calories	20	
Total Carbohydrates	2 g	<1%**
Sugars	2 g	†
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamine (as thiamine HCl)	1.5 mg	100%
Riboflavin (as riboflavin-5-phosphate)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	2 mg	100%
Vitamin B-12 (as cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Iron (as ferrous gluconate)	9 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc gluconate)	3 mg	20%
Manganese (as manganese chloride)	2 mg	100%
Chromium (as chromium chloride)	25 mcg	21%
Molybdenum (as sodium molybdate)	25 mcg	33%

** % Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Purified water, sucrose, ethyl alcohol 5.7%, glycerin, propylene glycol, polysorbate 80, natural citrus flavor, natural lemon flavor, potassium sorbate, sodium benzoate, EDTA and BHA. Citric acid or sodium hydroxide may be used to adjust pH.

Rugby®

NEW
FORMULA

ADVANCED FORMULA

**Cerovite®
Liquid**

MULTIPLE VITAMIN/MINERAL
LIQUID SUPPLEMENT

COMPARE TO VITAMINS/MINERALS IN
CENTRUM® LIQUID*

8 fl oz
(237 mL)



**TAMPER EVIDENT: DO NOT USE IF
SAFETY SEAL UNDER CAP
IS BROKEN OR MISSING**

DIRECTIONS: Adults - One tablespoon (15 mL)
daily with food. Not formulated for use in children.

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

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, seek
professional assistance or contact a Poison Control
Center right away.



Questions or comments?

Call 1-800-645-2158

Weekdays 9 am - 5 pm ET



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0536-2790-59

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