

Rugby® Cervovite® Senior

NEW
SIZE

VITAMIN AND MINERAL
SUPPLEMENT

COMPARE TO
VITAMINS/MINERALS IN CENTRUM® SILVER® 1

60
TABLETS



TAMPER RESISTANT - 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
Vitamin A (retinol and beta carotene)	2500 IU 50%
Vitamin C (ascorbic acid)	60 mg 100%
Vitamin D-3 (cholecalciferol)	500 IU 125%
Vitamin E (d-alpha-tocopheryl acetate)	50 IU 167%
Vitamin K (phylloquinone)	30 mcg 38%
Thiamine (Vitamin B-1) (thiamine mononitrate)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacinamide (Vitamin B-3)	20 mg 100%
Vitamin B-6 (pyridoxine HCl)	3 mg 150%
Folic Acid	400 mcg 100%
Vitamin B-12 (cyanocobalamin)	25 mcg 417%
Biotin	30 mcg 100%



Control No.:

Exp. Date:

Rugby® DULUTH, GEORGIA 30097

PEEL HERE FOR MORE SUPPLEMENT FACTS

(continued)

Amount per tablet	% Daily Value
Pantothenic Acid (calcium pantothenate)	10 mg 100%
Calcium (calcium phosphate & calcium carbonate)	220 mg 22%
Phosphorus (dicalcium phosphate)	20 mg 2%
Iodine (potassium iodide)	150 mcg 100%
Magnesium (magnesium oxide)	50 mg 13%
Zinc (zinc oxide)	11 mg 73%
Selenium (sodium selenate)	55 mcg 79%
Copper (cupric sulfate)	0.5 mg 25%
Manganese (manganese sulfate)	2.3 mg 115%
Chromium (chromium picolinate)	45 mcg 39%
Molybdenum (sodium molybdate)	45 mcg 60%
Chloride (potassium chloride)	72 mg 2%
Potassium (potassium chloride)	80 mg 2%
Boron (sodium borate)	150 mcg *
Nickel (nickelous sulfate)	5 mcg *
Silicon (silicon dioxide)	2 mg *
Vanadium (sodium metavanadate)	10 mcg *
Lutein	250 mcg *
Lycopene	300 mcg *

* Daily Value not established.

Other Ingredients: Gelatin, stearic acid, microcrystalline cellulose, croscarmellose sodium, hypromellose, acacia, maltodextrin, titanium dioxide, crospovidone, magnesium stearate, corn starch, sucrose, magnesium silicate, triacetin, mannitol, mineral oil, silica, sodium ascorbate, mixed tocopherols, sodium benzoate, triglycerides, ascorbyl palmitate, polyvinylpyrrolidone, sorbic acid, tricalcium phosphate, FD&C blue #2 lake, FD&C yellow #6 lake, FD&C red #40 lake and BHT.

Keep bottle tightly closed. Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN

Rugby Laboratories, Inc. is not affiliated with the owner of the trademark Centrum® Silver®.

Cervovite® Senior is distributed by Rugby Laboratories, Inc.

Questions or comments?

Call 1-800-645-2138, weekdays 9 am-5 pm ET

www.rugbylabs.com

STOP PEELING