

Rugby®

COMPARE TO VITAMINS/MINERALS IN CENTRUM®*

ADVANCED FORMULA
Cerovite®
VITAMIN AND MINERAL
SUPPLEMENT**130 TABLETS****TAMPER RESISTANT - DO NOT USE IF IMPRINTED SAFETY SEAL
UNDER CAP IS BROKEN OR MISSING****DIRECTIONS:** Adults: Take one tablet daily, preferably with a meal.**Supplement Facts**

Serving Size 1 Tablet

Amount per tablet	% Daily Value	Amount per tablet	% Daily Value
Vitamin A (as acetate and 25% beta carotene)	3500 IU 70%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	60 mg 100%	Magnesium (as magnesium oxide)	50 mg 13%
Vitamin D-3 (as cholecalciferol)	400 IU 100%	Zinc (as zinc oxide)	11 mg 73%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU 100%	Selenium	55 mcg 79%
Vitamin K (as phytonadione)	25 mcg 31%	Copper (as cupric sulfate)	0.5 mg 25%
Vitamin B-1 (as thiamine mononitrate)	1.5 mg 100%	Manganese (as manganese sulfate)	2.3 mg 115%
Vitamin B-2 (riboflavin)	1.7 mg 100%	Chromium (as chromium picolinate)	35 mcg 29%
Niacin (as niacinamide)	20 mg 100%	Molybdenum (as sodium molybdate)	45 mcg 60%
Vitamin B-6 (as pyridoxine hydrochloride)	2 mg 100%	Chloride (as potassium chloride)	72 mg 2%
Folic Acid	400 mcg 100%	Potassium (as potassium chloride)	80 mg 2%
Vitamin B-12 (as cyanocobalamin)	6 mcg 100%	Boron (boric acid)	75 mcg **
Biotin	30 mcg 10%	Nickel (nickelous sulfate)	5 mcg **
Pantothenic Acid (as calcium pantothenate)	10 mg 100%	Iron (stannous chloride)	10 mcg **
Calcium (as dicalcium phosphate & calcium carbonate)	200 mg 20%	Silicon (silicon dioxide)	2 mg **
Iron (as ferrous fumarate)	18 mg 100%	Vanadium (sodium metavanadate)	10 mcg **
Phosphorus (as dicalcium phosphate)	20 mg 2%	**Daily Value not established.	

Other Ingredients: Stearic acid, hypromellose, gelatin, croscarmellose sodium, microcrystalline cellulose, titanium dioxide, pharmaceutical glaze, crospovidone, acacia, maltodextrin, dicalcium phosphate, talc, magnesium stearate, triacetin, corn starch, mineral oil, sucrose, mannitol, silica, sodium ascorbate, FD&C yellow #6 lake, mixed tocopherols, triglycerides, polyvinylpyrrolidone, sodium benzoate, tricalcium phosphate, sorbic acid, ascorbyl palmitate and BHT.

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).

*Rugby Laboratories is not affiliated with the owner of the trademark Centrum®.

Questions or comments?

1-800-645-2158

www.rugbylaboratories.com

Distributed by: Rugby Laboratories

17177 N Laurel Park Drive, Suite 233

Livonia, MI 48152

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