

(continued)

Amount per tablet	% Daily Value
Pantothenic Acid (as calcium pantothenate)	10 mcg 100%
Calcium (as dicalcium phosphate & calcium carbonate)	220 mcg 22%
Phosphorus (as dicalcium phosphate)	20 mcg 2%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mcg 13%
Zinc (as zinc oxide)	11 mcg 73%
Selenium (as sodium selenate)	55 mcg 79%
Copper (as cupric sulfate)	0.5 mcg 25%
Manganese (as manganese sulfate)	2.3 mcg 115%
Chromium (as chromium picolinate)	45 mcg 38%
Molybdenum (as sodium molybdate)	45 mcg 60%
Chloride (as potassium chloride)	72 mcg 2%
Potassium (as potassium chloride)	80 mcg 2%
Boron (as sodium borate)	150 mcg *
Nickel (as nickelous sulfate)	5 mcg *
Silicon (as silicon dioxide)	2 mcg *
Vanadium (as sodium metavanadate)	10 mcg *
Lutein	250 mcg *
Lycopene	300 mcg *
* Daily Value not established.	

Other Ingredients: Gelatin, stearic acid, microcrystalline cellulose, hypromellose, croscarmellose sodium, pharmaceutical glaze, titanium dioxide, acacia, maltodextrin, talc, crospovidone, magnesium stearate, corn starch, sucrose, dicalcium phosphate, 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.

To preserve quality and freshness, keep bottle tightly closed.

Store between 15° - 30°C (59° - 86°F).
KEEP OUT OF REACH OF CHILDREN.

Rugby® Cerovite® Senior

VITAMIN AND MINERAL
SUPPLEMENT

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 (as acetate and beta carotene)	2500 IU 50%
Vitamin C (as ascorbic acid)	60 mg 100%
Vitamin D-3 (as cholecalciferol)	500 IU 125%
Vitamin E (as dl-alpha tocopheryl acetate)	50 IU 167%
Vitamin K (as phytonadione)	30 mcg 38%
Thiamin (Vitamin B-1) (as thiamine mononitrate)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacinamide (Vitamin B-3)	20 mg 100%
Vitamin B-6 (as pyridoxine HCl)	3 mg 150%
Folic Acid	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	25 mcg 417%
Biotin	30 mcg 10%

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Questions or comments?
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PEEL HERE FOR MORE SUPPLEMENT FACTS