

Rugby[®]

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 29% beta carotene)	1050 mcg 117%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	60 mg 67%	Magnesium (as magnesium oxide)	50 mg 12%
Vitamin D (as cholecalciferol)	10 mcg 50%	Zinc (as zinc oxide)	11 mg 100%
Vitamin E (as alpha tocopherol acetate)	13.5 mg 90%	Selenium (as sodium selenate)	55 mcg 100%
Vitamin K (as phytonadione)	25 mcg 21%	Copper (as cupric sulfate)	0.5 mg 56%
Thiamin (as thiamine mononitrate)	1.5 mg 125%	Manganese (as manganese sulfate)	2.3 mg 100%
Riboflavin	1.7 mg 131%	Chromium (as chromium picolinate)	35 mcg 100%
Niacin (as niacinamide)	20 mg 125%	Molybdenum (as sodium molybdate)	45 mcg 100%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg 118%	Chloride (as potassium chloride)	72 mg 3%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Potassium (as potassium chloride)	80 mg 2%
Vitamin B12 (as cyanocobalamin)	6 mcg 250%	Tin (as stannous chloride)	10 mcg **
Biotin	30 mcg 100%	Nickel (as nickelous sulfate)	5 mcg **
Pantothenic Acid (as calcium pantothenate)	10 mg 200%	Boron (as boric acid)	75 mcg **
Calcium (as dicalcium phosphate & calcium carbonate)	200 mg 15%	Vanadium (as sodium metavanadate)	10 mcg **
Iron (as ferrous fumarate)	18 mg 100%	Silicon (as silicon dioxide)	2 mg **
Phosphorus (as dicalcium phosphate)	20 mg 2%	**Daily Value not established.	

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

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).

Questions or comments?

1-800-645-2158

www.rugbylaboratories.com**Distributed by:** Rugby Laboratories

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