

Rugby®

Cerovite® Senior

VITAMIN AND MINERAL
SUPPLEMENT

60 TABLETS

(continued)

Amount per tablet	% Daily Value
Biotin	30 mcg 100%
Pantothenic Acid (as calcium pantothenate)	10 mg 200%
Calcium (as dicalcium phosphate & calcium carbonate)	220 mg 17%
Phosphorus (as dicalcium phosphate)	20 mg 2%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as cupric sulfate)	0.5 mg 56%
Manganese (as manganese sulfate)	2.3 mg 100%
Chromium (as chromium picolinate)	45 mcg 129%
Molybdenum (as sodium molybdate)	45 mcg 100%
Chloride (as potassium chloride)	72 mg 3%
Potassium (as potassium chloride)	80 mg 2%
Nickel (as nickelous sulfate)	5 mcg *
Vanadium (as sodium metavanadate)	10 mcg *
Lutein	250 mcg *
Lycopene	300 mcg *
Boron (as sodium borate)	150 mcg *
Silicon (as silicon dioxide)	2 mg *

* Daily Value not established.

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

To preserve quality and freshness, keep bottle tightly closed.

Store between 15° - 30°C (59° - 86°F).

KEEP OUT OF REACH OF CHILDREN.

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 40% beta carotene)	750 mcg 83%
Vitamin C (as ascorbic acid)	60 mg 67%
Vitamin D (as cholecalciferol)	12.5 mcg 63%
Vitamin E (as alpha tocopherol acetate)	22.75 mg 152%
Vitamin K (as phytonadione)	30 mcg 25%
Thiamin (as thiamine mononitrate)	1.5 mg 125%
Riboflavin	1.7 mg 131%
Niacin (as Niacinamide)	20 mg 125%
Vitamin B6 (as pyridoxine HCl)	3 mg 176%
Folate	667 mcg DFE 167%
	(400 mcg Folic Acid)
Vitamin B12 (as cyanocobalamin)	25 mcg 1042%

Distributed by: Rugby Laboratories

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Questions or comments?

1-800-645-2158

www.rugbylaboratories.com



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PEEL HERE FOR MORE SUPPLEMENT FACTS