

TABLETS

60



VITAMINS/MINERALS IN CENTRUM SILVER†

Cerovite® Senior VITAMIN AND MINERAL SUPPLEMENT

COMPARE TO
CENTRUM SILVER†

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 (acetate and beta carotene)	2500 IU	50%
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin D-3 (cholecalciferol)	500 IU	125%
Vitamin E (dl-alpha tocopheryl acetate)	50 IU	167%
Vitamin K (phytonadione)	30 mcg	38%
Thiamin (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	10%



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Control No./Exp. Date:



DULUTH, GEORGIA 30097

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(continued)

Amount per tablet		% Daily Value
Pantothenic Acid (calcium pantothenate)	10 mg	100%
Calcium (dicalcium 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	38%
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, 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.

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®.

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Questions or comments?

Call 1-800-645-2158, weekdays 9 am-5 pm ET
www.rugbylaboratories.com

STOP PEELING