

Supplement Facts

Serving Size: 1 Tablespoon (15 mL)

Amount per tablespoon	% DV	
Calories	20	
Total Carbohydrates	2 g	<1%**
Sugars	2 g	†
Vitamin A (as palmitate)	1300 IU	26%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamine (as thiamine HCl)	1.5 mg	100%
Riboflavin (as Riboflavin-5-Phosphate)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Iron (as ferrous gluconate)	9 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc gluconate)	3 mg	20%
Manganese (as manganese chloride)	2 mg	100%
Chromium (as chromium chloride)	25 mcg	21%
Molybdenum (as sodium molybdate)	25 mcg	33%

** % Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Purified water, glycerin, sucralose, propylene glycol, polysorbate 80, sodium citrate, natural citrus flavor, natural lemon flavor, potassium sorbate, sodium benzoate and EDTA. Citric acid and/or sodium hydroxide may be used to adjust pH.

Rugby®

ADVANCED FORMULA Cerovite® Liquid

MULTIPLE VITAMIN/MINERAL
LIQUID SUPPLEMENT

COMPARE TO VITAMINS/MINERALS IN
CENTRUM® LIQUID*

• Alcohol Free •
8 fl oz (236 mL)

**TAMPER EVIDENT: DO NOT USE IF
SAFETY SEAL UNDER CAP
IS BROKEN OR MISSING**

DIRECTIONS: Adults - One tablespoon (15 mL)
daily with food. Not formulated for use in children.

To preserve quality and freshness, keep bottle
tightly closed. Store between 15°-30°C (59°-86°F).
SHAKE WELL BEFORE USE.

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, seek
professional assistance or contact a Poison Control
Center right away.

IMPORTANT INFORMATION: Long-term intake of
high levels of vitamin A (excluding that sourced from
beta-carotene) may increase the risk of osteoporosis
in adults. Do not take product if taking other vitamin A
supplements.



Questions or comments?
Call 1-800-645-2158



*Rugby Laboratories is not affiliated with
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NO VARNISH AREA